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THE NEWS-LEDGER

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USPS 388-320

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43rd Year ◆ No. 49 | Serving the West Sacramento Region Since 1964 | Wednesday, July 18, 2007

Single car crash kills driver

An Elk Grove man was killed when his car, traveling at a "high rate of speed," crashed on Jefferson Boulevard at 15th Street early Friday morning. West Sacramento police report that David William Rogers, age 35, had been traveling northbound when his car struck a fire hydrant and a light post shortly before 4 a.m. on Friday.

It was unclear whether the accident was related to a local power outage that occurred at about the same time.

Police are investigating the cause of the accident. Rogers was alone in the vehicle, said a department spokesperson.

Woman found dead north of city

By Steve Marschke
News-Ledger Editor

Two men have arrested in connection with the death of a woman found along County Road 22 about two miles north of West Sacramento on July 9.

The woman was discovered on July 9 by probation officers. She was identified as Alexandra Marie Cerda, 39. Cerda, who went by the nickname "Canta," was a transient who frequented the Fruitridge and Power Inn areas of Sacramento, said the Yolo County Sheriff's Department.

The cause of death was listed as "numerous sharp force injuries to the neck and chest."

Two days later, sheriff's detectives arrested two suspects: Luis Amparan Rodriguez, 23, and Jose David Madrigal, 25. Both were charged with murder and kidnapping. The arrests followed interviews with people who last saw Cerda before her death, and from physical evidence at the crime scene, said Captain Robin Faille of the Yolo County Sheriff's office.

The suspects are being held at Monroe Detention Facility in Woodland.

Visiting 'Sea Scouts' hosted at private dock

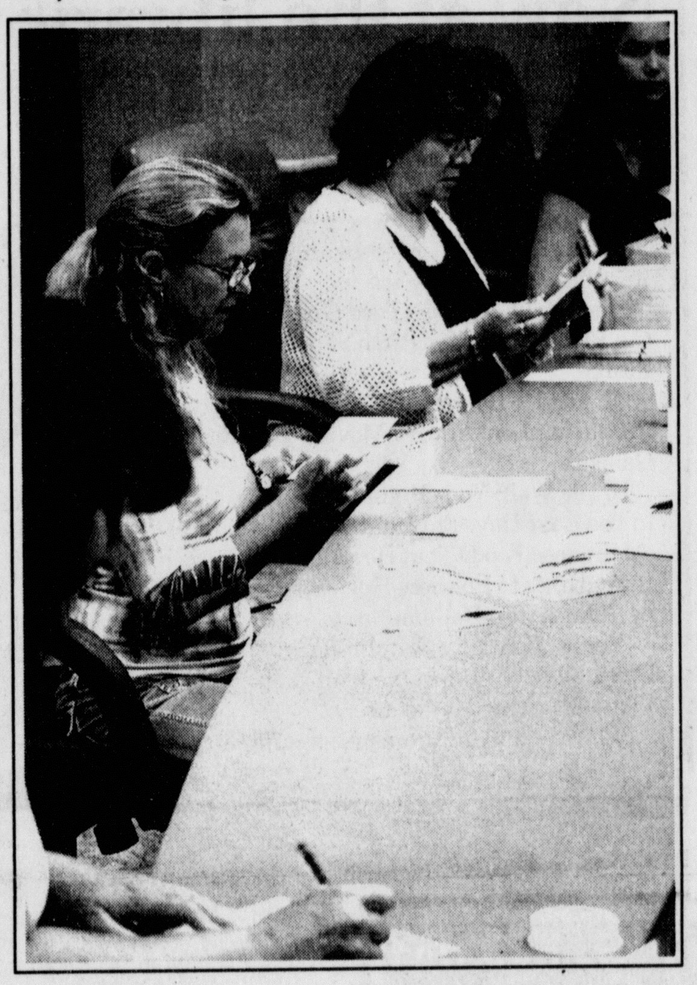
By Rio Bauce, member of the Berkeley Sea Scouts and student reporter for the Berkeley High School 'Daily Planet'

The Berkeley Sea Scouts sailed home from West Sacramento back to Berkeley on June 29,

Please see SCOUTS, p. 5

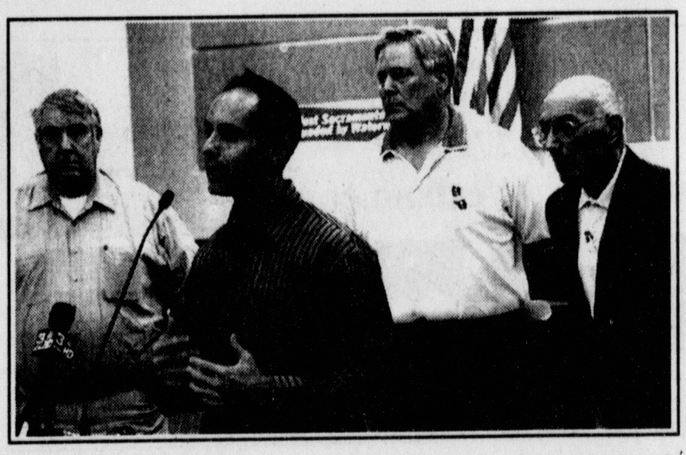
Voters say 'yes'

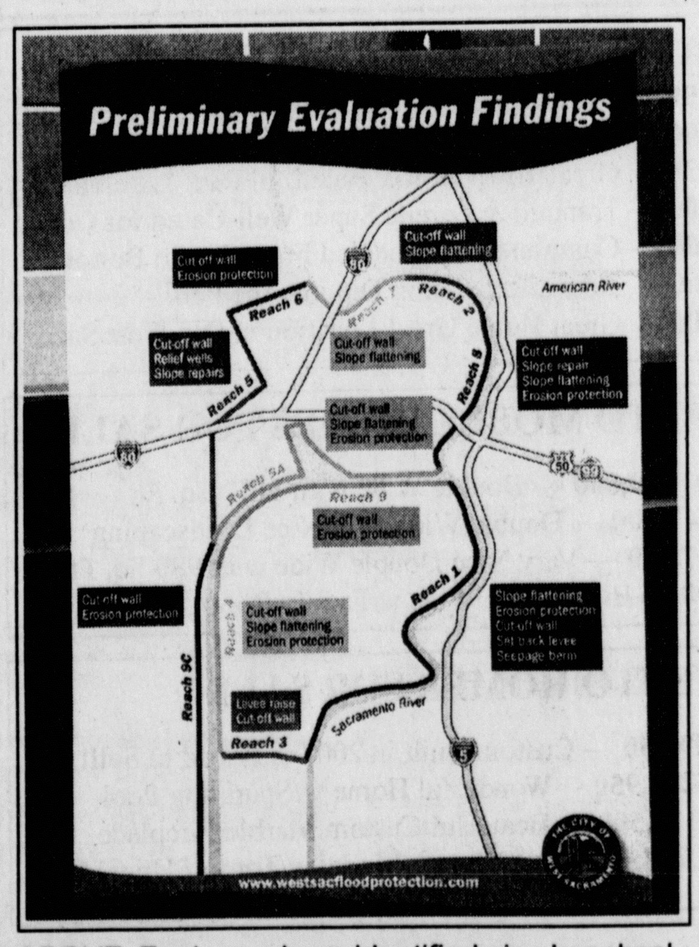
70 percent in favor of new property tax to improve local levees



ABOVE: Kryss Rankin, Janet Chapin, Helen Kanowsky and Sarah Kotko were among those counting the votes in public, in the city council chambers, beginning last Wednesday

BELOW: Mayor Cabaldon (at podium) with flood control agency members Kent Lang, Bill Kristoff and Bill Denton





ABOVE: Engineers have identified nine 'reaches' of levee area, each requiring an individual fix

News-Ledger photos

■ City property owners will contribute over $20 million to expected $400 million price tag of bringing more flood protection

By Steve Marschke
News-Ledger Editor

West Sacramento property owners voted overwhelmingly to tax themselves and raise over $20 million to help upgrade the city's levees, in a mail-in ballot that closed on July 10. The results were announced at a special meeting of the West Sacramento Flood Control Agency on Monday at city hall.

"70.5 percent of the ballots were in favor of the assessment district," reported Shanna Zuspan of the city redevelopment agency. "29.5 percent were opposed to the assessment district."

Zuspan said that 33.8 percent of the 5,974 ballots city-wide were turned in.

The vote is good news to the West Sacramento Flood Control Agency, represented by chairman Bill Denton and members Bill Kristoff and Kent Lang on Monday.

Kristoff, who is also a local city council member, called it a historic moment.

"I've been on the council now for 22 years," he said. "This is one of the most important votes I can remember."

Kristoff also said he was pleased that the city's commercial property owners didn't win the ballot effort by themselves against a "reluctant" population of homeowners. Instead, both groups supported the assessment, said Kristoff.

"We wanted to see if the commercial votes really tipped the balance," said Kristoff. "Amazingly enough, it was just about the same split, 70-30. The average homeowner, the average resident – they 'got it'."

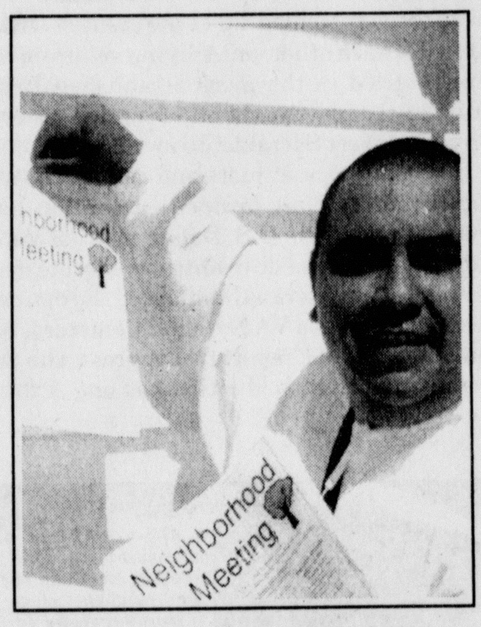
The new tax will start with December's tax rolls, and a lot of homeowners will find themselves paying just under or just over about a hundred dollars a year. The assessment is expected to raise over $20 million, and a like amount is expected to come from a fee on new development.

The two new local taxes will raise about $42 million towards a levee improvement program priced at about $400 million. State and federal monies will be courted to make up the rest of the

Please see LEVEES, p. 4

Broderick residents invited to help plan 'tree canopy' strategy

Steve Marschke
News-Ledger Editor



Volunteer Ruben Landeros helps post flyers inviting his north-area neighbors to welcome new trees

West Sacramento city tree consultant Alan Hirsch reports that an effort to plant new street trees in the city's Broderick neighborhood is "off to a roaring start."

Earlier this month, Hirsch and a dozen volunteers left fliers at every house in Broderick, encouraging people to attend a neighborhood meeting and help plan for a new tree canopy. Businesses were also targeted with flyers. The effort is still on attracting more participants to the program.

The city will be a partner in bringing new shade trees to Broderick.

The next community meeting is scheduled for Thursday, July 19 at the West Sacramento Senior Center, 664 Cummins Way.

Broderick residents who want to reserve a tree may call the 24-hour "tree line" at 617-4619. For more information, contact Hirsch at 717-9682.

Overheating? Take refuge at senior center

Take the heat seriously -- and don't forget to protect your pets, says Yolo County spokesperson

The County of Yolo this month announced that there are a couple of "cooling centers" available in Yolo to people who need a place to escape summertime heat. For those who don't have adequate home cooling systems, or can't afford to run them, a cooling center can be a life-saver.

The Yolo Wayfarer Center at 4th and North streets in Woodland is open from 11 a.m. to 1 p.m. and 3-5 p.m. on days when the temperature reaches 100 degrees.

In Davis, the Davis Community Meals facility at 1111 H Street is open weekdays until 6 p.m. on hot days.

The county didn't list an official "cooling center" in West Sacramento. But Jeff El-Bdour of the city's parks department told the News-Ledger that people needing to escape the heat on hot days may visit the local senior center.

"The West Sacramento Senior Center is open to the public (with an emphasis on seniors in the community) from 7 a.m. to 9 p.m. on days when temperatures reach over 100 degrees," said El-Bdour. "When needed, we will stay open longer as we have in the past when there were power outages. . . As far as I know, we are the only 'cooling center' in West Sacramento."

The senior center is located at 664 Cummins Way in northern West Sacramento.

Beth Gabor, public information officer for Yolo County, advises people to take other precautions when the weather gets hot. Hints include:

Drink more non-alcoholic beverages, especially water.

Stay in cool indoor spaces, especially in the hottest part of the day.

Avoid heavy exertion – and pace yourself.

Wear light, loose-fitting clothes as well as sunscreen.

Avoid hot foods and heavy meals.

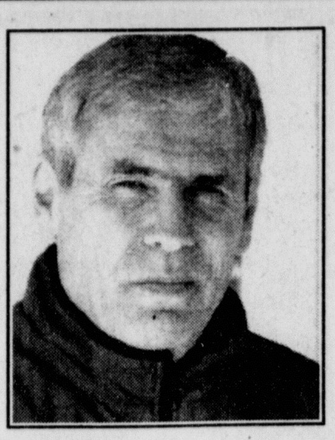
If you become lightheaded, confused, or experience other symptoms of heat exhaustion, get to a cool area right away.

Never leave a person or animal in a parked car. Temperatures inside can climb dangerously in a matter of minutes.

Provide extra water and shade for pets.

Visiting the Sacramento Valley VA cemetery

My Back Pages



By Daryl Fisher

Like most men his age, not long after the bombing of Pearl Harbor in 1941, my father enlisted in the United States Armed Forces, and in his particular case, was sent to the South Pacific, where he served in New Guinea and also spent time on some of the other nearby exotic islands which dotted that faraway part of the world. When the war was finally over, he just wanted to get healthy (he had a serious case of malaria by the time he boarded a troop ship headed home) and put those terrible days and nights spent in a war zone behind him. Even more important than that, he wanted to settle down in a small, peaceful town where he could get a decent job and start a family, and West Sacramento turned out to be the perfect place.

Back in the late 1940s, new housing developments like West Sacramento's Westfield Village (where my parents bought their first home) were being built specifically with returning veterans in mind, and when I was young, it seemed like just about all my West Sacramento friends had fathers just like mine -- hard- working men who had served their country as best they could in World War II. In fact, West Sacramento turned out to be the home of so many returning World War II veterans that two separate V.F.W. Posts (#9498 and #8762, respectively) ended up being created within miles of each other, one serving veterans who had settled in the more established Bryte/ Broderick area, and the other serving the ever-growing West Sacramento area.

In recent years, as more and more of the men and women of my father's generation have passed away, the U.S. Department of Veterans Affairs has made a conscious effort to make sure that all veterans be afforded the option of being buried in a VA National Cemetery. And in 1994, in a VA report to Congress, the Sacramento area was identified as one of ten in the nation having a large veteran population without a state or national veterans cemetery within a reasonable distance. So, this past October, having identified that approximately 350,000 veterans live in the greater Sacramento area, the Sacramento Valley VA National Cemetery was opened just 27 miles south of West Sacramento along Interstate 80 between Dixon and Vacaville, which brings me to my little story.

When my father passed away a couple of years ago, my mother, brother, sister and I suddenly realized that we weren't exactly sure what his final wishes had been concerning where he wanted to be buried. We all knew that he had requested that he be cremated and that no big ceremony be held, but beyond that, things were a little fuzzy. Then my brother recalled the following conversation he had once had with our father.

"So, Dad," had said my brother as tactfully as he could, "if something should ever happen to you -- you know, if you were to pass away one of these days -- what do you want us to do with you."

"I told all of you ages ago that I want to be cremated," answered my father matter-of-factly.

"We know that, Dad," said my brother, "but then what? Do you want your ashes to be buried, or scattered at sea, or what?"

"I want them to be scattered up at Crystal Basin -- you know -- at my favorite campground up there off of Highway 50."

"But I think that's illegal, Dad."

"Who will know?" asked my father, never being much of a believer in following rules.

"You mean you just want us to scatter your ashes somewhere in the campground?"

"No," explained my father, "I want them scattered at my favorite campsite -- your mother knows which one. Better yet, just put them in the big fire pit they have there and I'll be perfectly happy."

Anyway, not completely sure if my father had been kidding during that conversation, when he did pass away a few years ago, my mother decided to just bring my father's ashes home with her. Then, earlier this year, she heard about the opening of the new Sacramento Valley VA National Cemetery and after visiting it, was absolutely sure that my father belonged there.

So, this past Saturday, my mother and my wife and I gathered up some flowers and made the short 30-minute journey down I-80 to Dixon to visit my father and admire his new grave marker, which had just arrived. It was handsome, without a lot of words, and perfect for its time and place, just like my father had been in life. And after reflecting for a few minutes on a life-well-lived, and looking out on all the other carefully cared for grave markers of mostly men and women from his generation, I was sure my father would have approved of my mother's decision, and I couldn't help but think that there may be no better place for one's earthly remains to spend eternity than in one of this country's 141 national cemeteries, surrounded by veterans who served their country so well.

Anyone interested in more information about the new Sacramento Valley VA National Cemetery can call 707-693-2460 or visit the VA's National Cemetery Administration website at www.cem.va.gov.

New at the library:

By Elise McCallan
Arthur F. Turner Branch Library
1212 Merkley Ave.
West Sacramento

The Arthur F. Turner Branch Library has received the following new books:

"Last Stand: George Bird Grinnell, the Battle to Save the Buffalo, and the Birth of the New West" by Michael Punke.

"Digital Filmmaking 101: An Essential Guide to Producing Low-Budget Movies" by Dale Newton & John Gaspard.

"To Die Well: Your Right to Comfort, Calm, and Choice in the Last Days of Life" by Sidney Wanzer, MD.

"Japanese Foods That Heal: Using Traditional Japanese Ingredients to Promote Health, Longevity & Well-Being" by John & Jan Belleme.

"Vogue Knitting Stitchionary: The Ultimate Stitch Dictionary: Volume One Knit & Purl" by the Editors of Vogue Knitting Magazine.

Call 375-6465 for information and library hours.

County emphasizes importance of breastfeeding

From Jan Babb
Health Department
County of Yolo

The Maternal Child and Adolescent Health (MCAH) branch of the Yolo County Health Department has released a new report of breastfeeding rates in Yolo County. The Mommy And Me Assessment (MAMA) Project 2007 report presents the results of a telephone survey of 399 Yolo County mothers. The survey was conducted in order to find out the extent to which Yolo County infants are receiving optimal nutrition.

Doctors recommend that infants be fed only breast milk for the first six months of life. Yolo County Health Officer Dr. Bette Hinton confirmed the importance of breastfeeding. "We know that for most infants, breastfeeding provides a healthy start in life. Infants who are breastfed have fewer infections and a decreased risk of chronic health problems like diabetes

See BREASTFEEDING, p. 4

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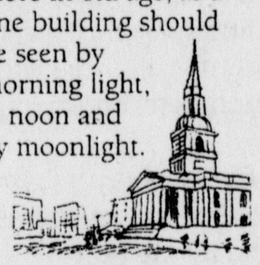
A truly great book should be read in youth, again in maturity and once more in old age, as a fine building should be seen by morning light, at noon and by moonlight.



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The News-Ledger was founded August 14, 1964. It is the successor to the *Weekly Reader*, founded by Julius A. Feher in April, 1938, and incorporates the *West Sacramento News*, founded by Julius A. Feher in August, 1942.

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Daryl Fisher, Features Editor
Richard Novoa, Sports Correspondent
Barry Blacklaw, Photographer
Daryl Fisher, Advertising Director

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News submissions: The *News-Ledger* welcomes information on local news and events. Please submit written news items to the below address by mail or in person, or through the office mail slot. News deadline is Friday before publication. Please include your name for attribution and your phone number in case we have any questions.
Opinion submissions: Letters to the Editor on topics of local interest are welcome. They must be signed, original, and must include the author's telephone number and address for verification. Letters should be brief and may be edited for length or objectionable or libelous content. Deadline is Friday before publication, and letters may be mailed or dropped off at the *News-Ledger* office.
Advertising: The deadline for classified advertisements is Monday at 5 p.m., and ads should be prepaid. An ad of up to 25 words costs $3.50, plus 10 cents for each additional word, per publication. Please mail ad and payment to the address below, or drop it off in the *News-Ledger* office or through the office mail slot.

Deadline for all other advertising is 5 p.m. on Friday. Please call 371-8030 for information on display advertising and advertising inserts.

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Obituaries

Ruth Evelyn Walsh

Ruth Walsh passed away on July 7, 2007, in Stockton, California at the age of 88. Born in Lockeford, California, she lived in many cities in Northern California, including San Francisco, and Stockton, and was a longtime resident of West Sacramento. She worked in communications as a switchboard operator, and she enjoyed ceramics, gardening, swimming, traveling, and was a avid reader and wrote poetry.

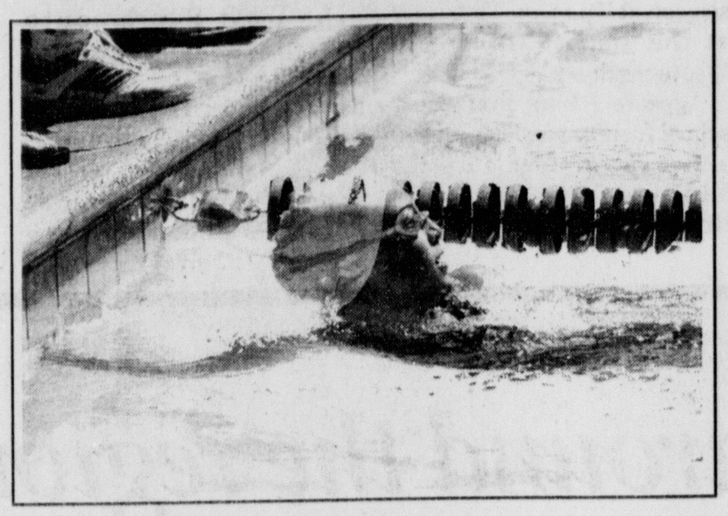
Ruth was preceded in death by her husband, William Grover "Bill" Walsh, daughter LeeAnn Walsh, sister Rebecca Louise Moore, and brother Carl Scobert who died in his youth. She is survived by her nieces Jeri (Chuck) Chapman and Carole Shields, two great nephews and one great niece, and two great-great nieces and one great-great nephew. At Ruth's request private family services were held under the direction of Cherokee Funeral Home in Lodi, California. Inurnment was at Cherokee Memorial Park in Lodi.

SPORTS

Dolphins churn some more water

The West Sacramento Dolphins swam hard but came up short on Saturday, losing a match to the Fair Oaks Dolphins by a score of 453.50 to 374.50. The swim meet was held at the River City High School pool. Next match is in Rio Vista on July 21.

Information from Rosanna D. Magnisi
Photo by Lorrie Jo Williams



The West Sacramento Dolphins' BRITTANY ROJO finishes first in the girls age 13-14, 50-yard backstroke event, breaking the team record with a time of 31.24 seconds.

SPORTS INSIDER

By Richard Novoa

Are you ready for some football? Yes, it's that time of year as the NFL teams get ready to start their training camps. The 49ers training sessions begin on July 28th at their Santa Clara Complex while the Silver and Black return to the Marriott Hotel in Napa on July 26th. The Pittsburgh Steelers, who will kick-off their season with a new head coach, Mike Tomlin, have the honor to start first with their camp opening up on July 26th.

Diamond Notes

The Giants (38-52) started the second half the season exactly where they left off before the All-Star break. The G-Men have fallen 13 ½ games back of the division-leading Dodgers after the boys in blue came to S.F. with a broom to sweep their 3 game series.

The Bonds watch is turning to a statue watch with Mr. Bonds ankle-deep in a mid-season slump. Bonds has hit 17 homer runs this season but he still needs 5 more to break Aaron's record. Bonds, who has gone hitless in 20 straight at bats and hasn't hit a homer in 47 trips to the plate, is starting to feel the pressure and stress of chasing the home run record.

Expect the Giants to trade a few players in the coming weeks to unload some dead weight and to start the rebuilding process. The untouchables are young pitchers Matt Cain, Noah Lowry, Tim Lincecum and of course Barry Zito. The trade deadline is July 31st.

By Richard Novoa

The A's (44-49) also lost four in row after the break to extend their losing streak to 8 games and now trail the Angels by 12 games in the West. The A's already started to revamp their injured lineup by trading catcher Jason Kendall to the Cubbies for Rob Bowen and a minor league pitcher.

The trade opens the door for River Cats catcher Kurt Suzuki to take over the duties behind the plate with Mike Piazza returning to provide back up at the position. This week the A's are at home against Texas and Baltimore while the Giants travel to play in Chicago and Milwaukee.

Kings Korner

The Kings newest draft pick, Spencer Hawkes, continues to impress coach Theus with his exceptional play in the summer-league. The 19-year old has held his own with the top rookies averaging 17 points a game. The rookie has played well but the Kings have still added another center to their roster by signing Mikki Moore, which should make Kenny Thomas ($14.5 million) or Brad Miller ($10.5 million) good trade bait.

Speaking of trade bait Ron Artest was suspended by the league for seven-games with no pay, which should cost the trouble player bundle. Rumors are still floating around the league that the Kings are shopping around Artest and Mike Bibby so don't be surprise if the Kings make a deal before trading camp opens.

Korner Kicks

Raley field will be hosting a big time soccer game featuring Mexican first division team Monterrey against English second division club, Preston North End. The teams will play on July 26th at 8 p.m. Tickets are still available at the Raley Field box office.

Speaking of English soccer, British star David Beckham has arrived in America to play with the Los Angeles Galaxy. Beckham arrived Monday in America with his beautiful Spice Girl wife, Posh, who stole the show. The camera friendly couple was the topic of conversation nationwide and was featured on prime time TV and every sports page in America.

But problems have already hit the $250 million dollar star. "Bend them like Beckham" was scheduled to make his debut Saturday in an exhibition game against Chelsea but the newest MLS star to be signed his year sprained his ankle in practice and is now questionable for his debut. I guess the MLS has accomplished their goal by adding some Spice to their Soccer League!

See ya next week!

West Sacramento is my first Choice!

Do you ever wonder how businesses come up with their names? Many people think a business owner will sit down with a highly paid advertising or marketing guru and do tons of research to come up with the magic words. Yet many times it's a process so simple it leaves you wondering, "Why didn't I think of that?" That is the story of Choice Mortgage in West Sacramento. I'm Lori Heavin and I'm the owner of Choice Mortgage and have been for nearly a decade now. The owner that is, I've been Lori for a little longer than that.

So the story goes, when I decided to open my own mortgage business, the first thing I asked was, "What do I call this business?" A friend and I sat down and tossed around countless names and then she said, "Lori, your name will be Choice Mortgage." I said, "Really?" She replied, "Yes, and it's not just that you will be the customer's choice but it's your choice to serve the people of your home town." Next came the, "Why didn't I think of that?"

If you're looking at financing a new home or refinancing your current residence, doesn't it make sense to work with someone who knows your area as well if not better than you? Most of the people I work with, from office employees to appraisers have been with me the whole way. I was raised in West Sacramento and have spent half my 30 years in the loan business right here.

So, don't you find yourself saying, "Why didn't I think of that?" when it comes to financing the most important transaction of your life. I'm Lori Heavin and Choice Mortgage is right here in West Sacramento, right where we belong.

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Sports QUIZ

by Chris Richcreek

1. Who was the last Cleveland Indians pitcher before Jeremy Sowers in 2006 to toss consecutive complete-game shutouts as a rookie?
2. Name the last major-league pitcher to have a combined total of 500 walks and strikeouts for a season.
3. Name the two college football coaches who led a school to a Division I-AA playoff and later won a Division I national football championship.
4. Cleveland's LeBron James in 2006 became the third player to record a triple double in his first playoff game. Who were the first two to do it?
5. When was the last time before 2007 that the Pittsburgh Penguins were in the playoffs?
6. Entering 2007, what was NASCAR driver Jimmie Johnson's personal high for Cup victories in a season?
7. How many consecutive years did Margaret Smith Court win the women's singles title at the Australian Open?

Answers, page four

Featured Listings:

2700 Northview Drive, Sacramento
$269,000
Recently remodeled! Cute, cozy & functional 3 bd-2bth. Lovely kitchen, large living room w/fireplace & mantle. Awesome large backyard to entertain your guests. If you would like to view this home, call
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2949 Anacapa Island Ct
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Tracey Bloom
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1210 Hobson Ave
$185,000
Great fixer upper. Perfect for a handy person. Has 2bd-1bth and lots of possibilities. Come and check it out & make this your next project.
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Wonderful home on large corner lot full of trees and lush landscaping. New interior paint, vaulted ceiling, fireplace, garden window, spacious bedrooms, near secluded back yard jungle", more! Deferred maintenance throughout is reflected in awesome asking price! If you're handy, this one's perfect for you!
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On the agenda locally

The **West Sacramento City Council** will meet tonight in public session at 7 p.m. Agenda items include a demolition contract for 1725 West Capitol Avenue, approval of a conceptual plan for a city "gateway" monument at 3rd and C streets, award of a contract to create public access to the barge canal, contract for an environmental report for the proposed "Vina Del Lago" project south of city limits, CDBG grantee performance reports, workshop on the proposed California Indian Heritage Center on the east riverfront, consideration of sewer plan, consideration of budget, and other items.

The **school board** of the Washington Unified School District will meet in open session at 7 p.m. on Thursday at the district office, 930 Westacre Road.

Agenda items include a school facility needs analysis, approval of fees for two additional buildings at Stonegate Elementary, approval of a loan of $300,000 to the EarlY College Preparatory Charter School, approval of a bid for the swimming pool complex at the new high school, and approval of change orders for Stonegate Elementary School.

The **West Sacramento Planning Commission** will meet at 6 p.m. on Thursday at city council chambers, 1110 West Capitol Avenue.

Agenda items include three antennas and microwave dishes on an existing 150-foot lattice at 4340 South River Road, a parcel map at 470 Walnut Street, a workshop on "Bridgeview Lofts" at 3rd and C streets, and a pulbic hearing on the River Point West tentative subdivision map and conditional use permit.

There will also be a public workshop on the design review process, a workshop on the Yarbrough subdivision draft environmental impact report, and other items.

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'ACROSS THE BRIDGE':

Events around the region

Glass, pottery, china show

The Sacramento International Depression Glass Club will present their 71st semi-annual show on August 4-5 from 10 a.m. to 5 p.m. at the Scottish Rite Temple, 6151 H Street in Sacramento. Vintage glass, china and pottery will be on display and on sale. Admission is $5. Free parking.

Cactus show

The Northern California Cactus & Succulent Association will hold their annual show and sale on July 28-29 from 9 a.m. to 5 p.m. at the San Francisco Fair Building, 9th Avenue at Lincoln Way in Golden Gate Park in San Francisco. The show and sale will feature hundreds of rare, exquisite cacti and succulents on display and thousands of plants for sale from vendors as far away as Arizona. Admission and seminars are free.

Music at the Sacramento Zoo

On every Tuesday in July, from 6-8 p.m., there will be "Music in the Zoo." Bring a blanket and enjoy some terrific concerts, including Big Band swing music, contemporary bluegrass, and a Disney Mania Concert for Conservation.

The Sacramento Zoo is located near the corner of Land Park Drive and Sutterville Road in William Land Park in Sacramento. For more information call 808-5888 or visit the zoo's website at www.saczoo.com.

Old City Cemetery tours

A morning walking tour of the Sacramento Historic City Cemetery will be held on July 21. The tour is entitled "What's Blooming in the Cemetery" and visitors will stroll through the beautiful gardens of the cemetery and see the perennials, bulbs and shrubs which bloom in the historic Victorian cemetery.

The tour begin at 10 a.m. at the cemetery's main gate at Broadway and 10th Street in Sacramento. For more information, call 448-0811.

Volunteers needed

It's almost time for Eppie's Great Race and if you've been wanting to volunteer, now is the time. The 34th annual event will be held on the weekend of July 20-21 and is the world's oldest triathlon. 700 enthusiastic, energetic volunteers are needed to make it another success and if you are interested, call 381-0255, email TRS@SacCounty.net, or visit www.thegreatrace.org.

Eppie's Great Race is a non-profit event benefiting the County of Sacramento and Therapeutic Recreation Services, which provides recreation and training to individuals with disabilities throughout the Sacramento area.

Down syndrome information

The Down Syndrome Information Alliance Education Series features programs on the first Tuesday of each month with the hope of improving the knowledge of individuals and families affected by Down syndrome. Experts in education, advocacy, health care, etc., make presentations and a free light dinner and childcare is provided. The Down Syndrome Information Alliance meets at the Sutter Cancer Center, 2800 L Street in Sacramento. For more information, call 658-1686 or visit www.downsyndromeinfo.org.

Alzheimer's society meets

The Alzheimer's Aid Society of Northern California Support Group for the Memory Impaired will meet the 2nd and 4th Wednesday in July at 10:30 a.m. at the Alzheimer's Aid Society Office, 2641 Cottage Way, Suite #4 in Sacramento. For more information on other related groups and meetings, call 448-7001.

Widowed persons meet

The Widowed Persons Association of California encourages widowed men and women to come to Sunday Support get-togethers each Sunday from 3-5 p.m. at the Widowed Persons Association office, located at 2628 El Camino Avenue, Suite D-18.

Activities include bowling, brown bag opera, needle and thread, breakfasts, dinners, golf, card games, dancing and traveling. For more information, call 972-9722.

Tray Feeder

A tray feeder is a sure way to bring birds to your yard. Any bird can land on a tray, and it can either hang from a shepherd hook or be pole mounted. Best of all, once filled with something like peanuts, you'll have birds by the flock.

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Do you know who this early resident of West Sacramento is?

Visit the West Sacramento Historical Society Museum & Visitor's Center to find out!
324 Third Street
Open 10am-4pm Thursday & Friday
Open noon-4 p.m. Weekends
Phone: 374-1849

BREASTFEEDING from page two

and asthma".

The project measured Yolo County rates of breastfeeding and bottle-feeding for the first six months and also looked at what barriers to breastfeeding exist for Yolo County families. The report concludes that while 91% of mothers initiate breastfeeding, only 30% are able to continue to breastfeed exclusively for six months.

In addition, the Health Department reports that significant disparities exist in our community. Mothers with higher levels of education and income breastfed their infant longer and offered artificial breast milk (formula) less often. White women breastfed at higher rates compared to Hispanic women. The prevalence of breastfeeding is also higher for mothers of greater age, with teenage mothers having the lowest levels of breastfeeding for six months.

The report notes that experiences at the delivery hospital can impact long-term breastfeeding success. Hospital practices that positively impact breastfeeding include being allowed to breastfeed the infant within the first hour of life and being given a phone number to call for breastfeeding help. The data also show that avoiding early bottle-feeding and pacifier use in the hospital supports successful breastfeeding. Both Woodland Memorial and Sutter Davis hospitals are in the process of being certified as *Baby Friendly* which encourages and supports new moms to breastfeed successfully.

Fifty-four percent of the survey participants had returned to work or school after giving birth. Most women had not spoken to their boss about breastfeeding accommodation at work. California law mandates that employers provide a private space (not a restroom) and unpaid break time so that breastfeeding women may utilize a breast pump. "This is a law that many employers and new moms are not aware of," stated Hinton. "We advise all women to talk with their healthcare provider about how to maintain breastfeeding after they return to work. We also recommend employers work with their 'moms to be' to make accommodations before they go on maternity leave." Business owners who would like to find out how they can support breastfeeding employees can contact the Health Department.

The MAMA project was funded in part by First 5 Yolo, Kaiser Permanente, and Woodland Healthcare Foundation. For more information about the MAMA Project 2007 report, Yolo County breastfeeding resources for families, and information for employers, please contact the Yolo County Health Department MCAH Program at (530) 666-8645.

Havey's Barber Shop
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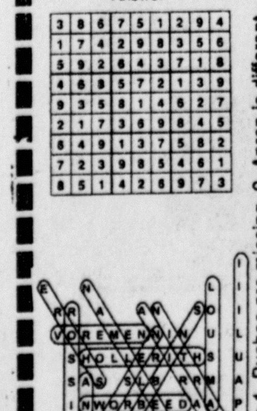
ANSWERS to Sports Quiz (P. 3) & Puzzles (P. 8)

Go Figure! answers

5	x	4	–	8	12
+		x		÷	
6	x	2	+	2	14
x		+		+	
1	+	3	+	7	11
11		11		11	

Weekly SUDOKU — Answer

3	8	6	7	5	1	2	9	4
1	7	4	2	9	8	3	5	6
5	9	2	6	4	3	7	1	8
4	6	8	5	7	2	1	3	9
9	3	5	8	1	4	6	2	7
2	1	7	3	6	9	8	4	5
6	4	9	1	3	7	5	8	2
7	2	3	9	8	5	4	6	1
8	5	1	4	2	6	9	7	3



Differences: 1. Bushes are missing. 2. Apron is different. 3. Earring is missing. 4. Window is smaller. 5. Man's nose is different. 6. Briefcase is larger.

| | | | | | | | |

SCOUTS from page one

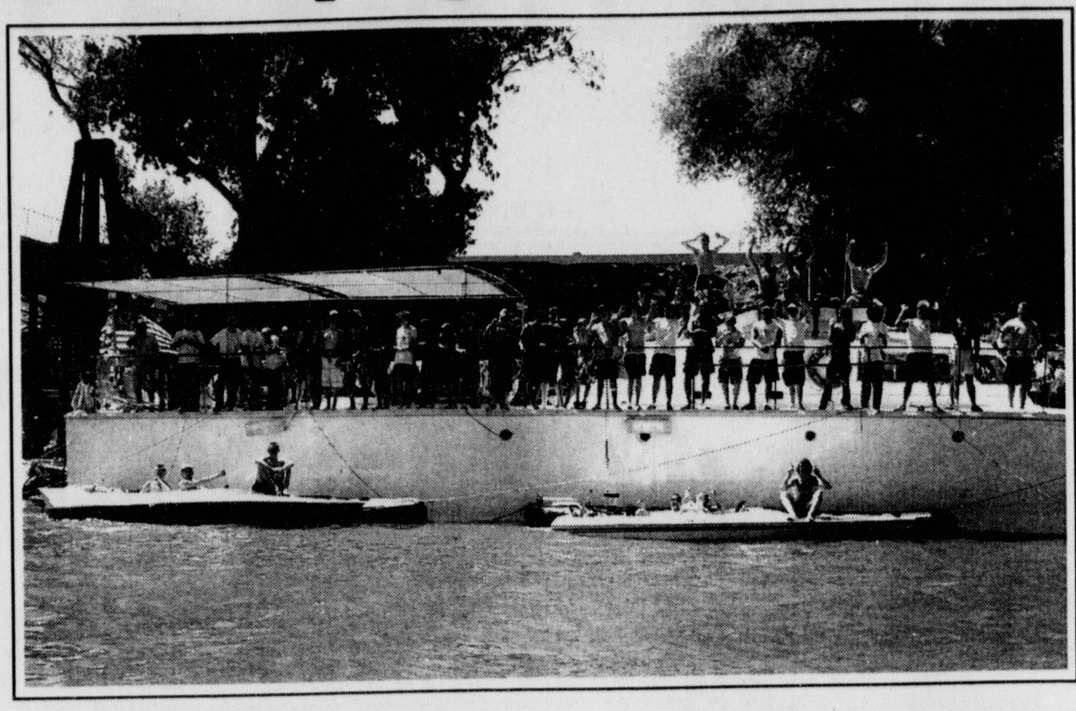
marking the end of their 12-day trip. Up until this year, the scouts have ventured up the Sacramento Delta and deep water channel to dock at the Port of Sacramento.

"This year, we docked up at (Bill) Ramos's private dock," said skipper Gene Evans. "For many years, Mr. Ramos has been supportive of our programs and has donated fuel and oil for our boats. We are fortunate that Mr. Ramos has allowed us to dock here this year."

Ramos (of Ramos Oil) has a dock along South River Road in West Sacramento, on the Sacramento River.

The Sea Scouts left their home at the Berkeley Marina on June 18 and spent 12 hours traveling to their location in West Sacramento, where they swam, enjoyed water sports and completed many hours of small-boat training. The scouts are routinely divided into three crews: engine, deck and navigation. Engine crew maintains and operates the engines. Deck crew steers the boat, cleans the deck and handles docking and departure. Navigation crew plots the course, directs the ship and keeps the boat on the intended path.

"I think that everyone had a lot of fun and is sad that it's over," said boatswain James Nolting, 17. "We all learned a lot and can't wait until next year's cruise."



The SEA SCOUT troop from Berkeley at their leisure on the Sacramento River near South River Road (courtesy photo)

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Strange BUT TRUE

By Samantha Weaver

• Next time you're doing a little home-improvement work, you might want to keep in mind the sad fate of Hans Pender, a do-it-yourselfer from Salzburg, Austria. While doing a bit of work on his home, he became entangled in a 60-foot length of heavy wallpaper. He tried to free himself, but, according to a police detective called to the scene, "The more he struggled, the tighter the paper wrapped him up." The poor man suffocated to death.

• Have you ever wanted to be a thaumatologist? Probably not; in all likelihood, you haven't even heard of the word. FYI: Thaumatology is the study of miracles.

• In William Shakespeare's day, it was evidently considered poor form to send play-goers home sad. It was common practice at that time for actors to perform a comic song and dance at the end of a tragic play so that the audience would go home in a cheerful mood.

• At some point you've probably seen Steven Spielberg's 1982 movie "E.T. The Extra-Terrestrial." But I bet you didn't know that the film's original title was "A Boy's Life."

• Vladimir Nabokov, Russian-American author of such works as "Lolita" and "The Real Life of Sebasian Knight," was, evidently, not a fan of psychoanalysis. When queried about the subject, he's reported to have replied, "Why should I tolerate a perfect stranger at the bedside of my mind?"

Trivia test

by Fifi Rodriguez

1. ANIMAL KINGDOM: What do you call a group of baboons?
2. ANATOMY: What is another term for the human trachea?
3. SCIENCE: What natural painkiller is produced by the brain?
4. GEOGRAPHY: What is the largest country on the continent of South America?
5. MOVIES: Who played the android in "Blade Runner"?
6. MUSIC: Which country music star was once a professional football player for the USFL?
7. FAMOUS QUOTES: Who said, "Some cause happiness wherever they go; others whenever they go."
8. TELEVISION: What city was the setting for the TV show "The Golden Girls"?
9. GENERAL KNOWLEDGE Which U.S. coin features the estate of Monticello on one side?
10. HISTORY: What was Robert E. Lee's middle name?

Answers

1. A troop
2. Windpipe
3. Endorphin
4. Brazil
5. Sean Young
6. Toby Keith
7. Oscar Wilde
8. Miami
9. Nickel
10. Edward

Now here's a tip!

by Jo Ann Derson

• "When assembling a sizable piece of furniture, try to do it in the room where it will be used, if possible. This prevents you from having to disassemble all or part of it if you can't fit it through the doorway, and saves you the frustration of having to move and maneuver it into its room." — M.M. in Florida

• Here's a tip for tick removal in areas that are hard to get to with tweezers: Soak a cotton ball in liquid soap and apply to the tick, covering all areas. After 15 to 20 seconds, the tick should come out on its own and should be stuck to the cotton ball for removal. Remember never to squeeze the tick while it is attached to the skin, as that could force more bacteria into the skin. Dispose of ticks properly. This works on pets, too!

• M.B. in Texas writes: "I have a fairly small bathroom, and storage was a problem. I bought a large over-the-door shoe hanger/shoe bag. Mine has 24 pouches. I put it on the back of the door and put all my shampoo, body wash, combs, brushes, hairspray, hair clips, etc., in the pouches. When the door is closed, all your essentials are at your fingertips, and from the outside, it doesn't look like it holds a mountain of articles you use every day. I love it!"

• "If you love hard-boiled eggs as much as I do, here's a trick you will really like for removing shells easily. First, the shells on older eggs come off better than new; second, rinse eggs in cold water after boiling, and let them set in cold water for about 10 minutes, changing the water several times to keep it cool. The shells will just slip off." — I.V. in North Carolina

• To clean Venetian blinds, slip an old sock onto each hand, spray with dust cleaner and sandwich each blade in your hands, sliding from the top to the bottom.

• ON SALE IN MAY: Gardening supplies, luggage, jewelry, outdoor furniture, televisions, mattresses, silver and home-maintenance items.

• Camping season is officially under way. When you're packing for your camping trip, use a coffee can with a plastic lid to hold matches, candles, cameras and other things that need to stay dry.

• "To clean a smudge off of cotton upholstery, try using a plain pencil eraser. Make sure it has not been used, as the lead or graphite can transfer. Use a brand-new one and the smudges usually come right off. Vacuum away any remaining rubber bits." — P.D. in Arkansas

• Install a towel rack on the inside of your closet door. You can use it to hold scarves and belts, and even necklaces. It barely takes up any room at all.

• "Save pretty pictures from calendars to use as placemats. If you find one you really like, laminate it or take it to a copy shop to have it laminated. It brightens meals and makes cleanup a snap." — C.B. in California

• "Use plastic containers (used for leftovers) to store children's art supplies. They make it easy to see the crayons, markers, etc., and it's easy for the kids to sort into. Cleaning up after my grandkids is no problem." — E.L. in Rhode Island

• "The best way to clean a buildup of starch on your clothes iron is to wipe it down with a solution of diluted vinegar. If you have a curling iron or flat iron for your hair, you can get rid of hairspray gunk the same way." — F.P. in Pennsylvania

BIBLE TRIVIA

by Wilson Casey

1. Is the book of 3 Timothy in the Old or New Testament or neither?
2. From Genesis 22:2, whom did God command to sacrifice his only son? *Isaac, Job, Noah, Abraham*
3. Nearly how many years after Jesus' death were the Gospels written? *5, 20, 40, 250*
4. What pagan woman became David's great-grandmother? *Sybil, Rachel, Eve, Ruth*
5. What's the middle book of the Old Testament? *Proverbs, Ecclesiastes, Isaiah, Jeremiah*
6. What are epistles? *Apostles, Temples, Letters, Flocks*

ANSWERS: 1) Neither; 2) Abraham; 3) 40; 4) Ruth; 5) Proverbs; 6) Letters

Wilson Casey's "Do You Know Your Bible? A Fun Quiz on the Good Book" (Sourcebooks, $5.95) has just been published.

***

Obviously a deer on the fairway has seen you tee off before and knows that the safest place to be when you play is right down the middle.

—Jackie Gleason

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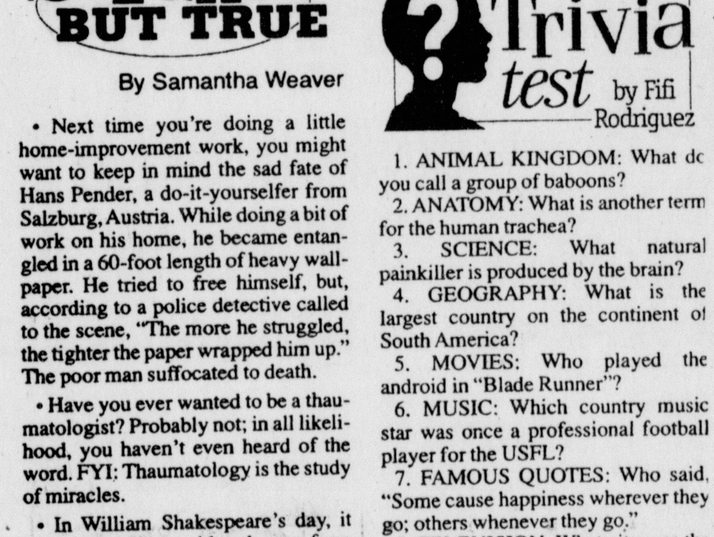

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News-Ledger Directory of Local Places of Worship

Anna Street Baptist Church Rev. Norman Pollitt, 371-6560 1400 Anna St., W. Sac. Sunday School 10 a.m. Sunday Worship 11 a.m. Prayer Time 6:30 p.m.	**Community Lutheran Church** Rev. Marjorie C. Beach, Pastor 920 Drever St., 371-8804 10 a.m. Worship/Sunday School Friendly, inclusive faith language, Progressive thealogy/theology LGBT, Interfaith folks welcome	**Our Lady of Grace Catholic Church** 911 Park Blvd., 371-4814 Father Jos. Karikattil, Pastor Masses: Sat. Vigil 5:30pm Sunday 9 & 10:30 a.m. Weekdays 7 a.m. No Mass on Thursday
Center for Spiritual Awareness 1020 W. Capitol Ave., 374-9177 Sun. services 9 & 11 am Meditation at 10:30 a.m. Praise & worship 10:45 a.m. Junior church for all ages at 11 am	**Church of Jesus Christ of Latter Day Saints** 2667 Linden Road Bishop Ray Jackson, (916) 372-1113 Sunday Meeting Times: Sacrament Meeting, 9 a.m. PUBLIC WELCOME!	**Seventh Day Adventist Church** Frank Hightower, Elder 519-5329 2860 Jefferson Blvd., W. Sac. PO Box 447, W. Sac. 95691 Sat. Sabbath School 9:30 a.m. Worship 11 a.m. 372-6570
Trinity Presbyterian Church 1500 Park Blvd., W. Sac. Rev. Steve Whitney (916) 371-5875 9am: Family-Friendly Contemporary Service 11am: Blended Traditional & Contemporary Service	**Holy Cross Catholic Church** 1321 Anna St. (near Todhunter) Pastor Giancarlo Mittempergher Sat. Vigil 5 p.m. (English) Sunday 9 (English) Noon & 7 p.m. (Spanish) Mon 8:30am, Tues-Wed 7am, Thurs. 6:45 (Spanish), Fri. 8:30 a.m. Call 371-1211	**First Southern Baptist Church** Rev. Don Parker Sun. School 9:30 a.m. Sun. Worship 11am Wed. 6:30pm Prayer Meeting & Bible Study 2124 Michigan Blvd. 371-2111
SouthPort Community Church Pastor Bruce Maier Celebration Worship Sunday 10:30 a.m. KidLand during service. Youth & Small Group Ministry for All Ages. Call 372-7818. Meets at Bridgeway Island Elem. School 3255 Half Moon Bay Cir. www.southportcommunity.com	**WestSide Covenant Church** Worship Services at Collings Teen Center 1541 Merkley Ave. Sundays 10 a.m. & 6 p.m. www.westsidecov.org 371-3933	**New Discovery Christian Church** Now meeting at Bryte Elem. School, 637 Todhunter Ave., West Sacramento at 10:30 a.m. Nondemoninational. Casual dress. Pastor Jerry Green (916) 933-2351
Horizon Christian Fellowship Rev. Claude J Perez, Sr., Pastor 1800 Manzanita Way, 371-3458 SUN Worship 9:30 & 11 am SUN Worship & Prayer 6pm WED Bible Study 7pm THURS Youth Group 7pm 1st & 3rd FRI Singles 7pm 2nd FRI Women's Fellowship 7pm	**Radiant Life Church of West Sacramento** 3605 Gregory Ave (in Southport, where Jefferson, Davis & Gregory meet) Worship Sun. 10 a.m. Youth Tuesday 6:30 p.m. Call 371-6706	**Fresh Oil KingdomMinistries** Meeting every Sunday at 3pm Turner Library Community Rm 1212 Merkley Ave (916) 617-4377 Bible-based ministry. Pastors: William & Rachel Wiley Bible study each Wed. 7pm, 1479 Barona St., W Sac.

PAGE FROM THE PAST

WASHINGTON NEWS ITEMS

The Sacramento River registered eight feet two inches, United States gauge at the Southern Pacific bridge yesterday. From the California Co-operative Crop Reporting Service, issued on a late date, the following is clipped to show conditions at the present time:

Rainfall during the past month has been ample in many localities to improve the condition of pasture. This is particularly true in the valleys of the northern third of the state and through the foothills and lower mountain pastures in other parts of the state.

PASTURE—The condition of pasture for the entire state on December 1 was about 76 per cent of a normal as compared with 79 on December 1 last year and 60 per cent one month ago.

LIVESTOCK—A small improvement is recorded in the condition of cattle and sheep as compared with reports received on November 1. The condition of cattle on December 1 was about 82 per cent of a normal as compared with 88 one year ago and 80 one month ago. The condition of sheep on December 1 was about 86 per cent of a normal as compared with 91 one year ago and 82 one month ago.

Mrs. J. Wantring of West Sacramento underwent an operation at a Sacramento hospital last Wednesday for removal of a tumor. Mrs. Wantring is the mother of Mrs. Joseph Feher of West Sacramento and has been suffering for some time with her malady. Word from her bedside yesterday indicated that she was rapidly recovering and expected to be at her home soon again.

A baby boy was born last Thursday to Mrs. William Lambert of West Sacramento. Mother and baby are getting along splendidly.

Mrs. Martha Mathena is reported to be seriously sick at the home of relatives in Sacramento. Mrs. Mathena has passed her ninety-ninth year and was a pioneer settler in this section of the state. From accounts at hand it appears that Mrs. Mathena is simply meeting the demands of nature and quietly preparing for the end which is bound to come in the near future.

At the West Sacramento Auto Camp there will be rejoicing on Christmas Eve in the community house of the camp ground. A large Christmas tree has been prepared and the decorations are now ready to be placed. There will be a small token of remembrance for everybody attending the Christmas tree, after which a dance will be held and for which music has already been provided.

I Save You Money—And always satisfy you, for I carry only the best goods—among them John B. Stetson and No Name hats, Sunset hand tailored caps, Wolverine work shirts, Peters Shoe Co. dress shoes, Boss of the Road and Headlight overalls, Cameron fade-proof shirts, Brotherhood & Block union made work gloves; heavy wool knit and wool lined gloves, and other standard lines. The No-Rent, Money-Back Store, Gus Marks, 417 K street. For your accommodation open until 9 evenings. Cash Checks.—Adv.

Ah Lem, a Chinese arrested by Constable Buckingham at Second and Harriett streets, or to be more specific, at the building in which the Crenshaw Auto Shop was lately located, was fined $100 last Tuesday by Judge Barry for having lottery tickets in his possession. The place was raided on the previous night by Constable Buckingham and Lem was caught with the tickets, but no cash was found on the premises. When arraigned before Judge Barry, the Chinese pleaded guilty and paid a fine of $100.

On the occasion of theabove raid, Ah Jim was also arrested on the charge of operating a chuck-a-luck game, but the evidence found on him was not sufficient for conviction. He simply had the instruments for gambling in his possession, but there being no money on the tables and no players on hand, the Chinese was discharged because it was believed that a conviction could not be secured.

Peter Masloff, a resident of Oak Park but lately of Riverbank, was arrested last Thursday night for reckless driving in Riverbank. It seems that Peter became loaded with that high-proof stuff that is manufactured along the Fruitridge road district and came over to Riverbank to see old friends. He occupied the entire road on the way between Washington and Riverbank, with the result that he collided with an Overland car that was being driven by Joseph Verboven. Both cars were wrecked in the collision, Verboven suffering a loss of about $300, which amount Masloff refuses to pay. Verboven has sworn to a complaint against Masloff and seeks damages not only for the injury to the car but to the injury suffered by Mrs. Verboven, who was riding with him at the time of the collision. On the charge of reckless driving brought by Constable Buckingham against Masloff he was fined $25, which he paid to Judbe Barry's court, but refuses to do anything to settle the claim of Verboven.

Dave Sauseman was assaulted on Second street last Monday night about 5:30 p. m. by two young men whom he believes to have been about twenty years of age. Sauseman was on his way to the Southern Pacific bridge and was passing in front of the home of P. A. Hart when the assault was committed. One of the young men struck him a powerful blow in the throat that prevented him from calling for help. The other youngster robbed him while the assailant held him. They secured from him about $7.50, but refused to take his watch in fear that it might become a means of identification. The assault took place about 5:30 p. m. or immediately after the street lights were turned on. Sauseman believes that he can place his hand on the two young men who committed the assault and is quietly investigating on his own part with the hope that he may be able to land them when they are not suspicious.

Postmaster Van Deren reports that business in the post office up to the present time for the Christmas season shows a great increase and from this date on expects a still heavier amount of mail and parcel post material. The gradual increase that has been showing at the post office is evidence of a great increase in the population in this section of Yolo County.

Contrary to expectations and even contrary to published reports, George Beale will have a supply of turkeys on hand for Christmas. After considerable trouble he located a flock of birds in the foothills of Yolo County and grabbed the chance to supply his customers around town. George says he carries turkeys only for the accommodation of his trade and not to make money on them.

Ed Moss is particularly happy over the lively demand he has lately been experiencing in the Washington Meat Market. Ed believes that people must have more meat in the winter time and the wholesale supply houses have been wondering what on earth he does with the big orders they send to him.

The Washington public school closed this afternoon for the Christmas vacation to reopen again on January 5, 1925.

Men, Listen!—The No-Rent Store saves you money. I carry only the best nationally advertised standard lines on the market. All guaranteed for service. Now is the time to lay in your winter supply. Agents for Oregon City Woolen Mills virgin wool men's suits, overcoats, mackinaws, flannel shirts; Rough Rider corduroy and Sweet-Orr pants, pure wool; also wool mixture; Cooper, Allen A., and Glastenbury underwear; pure wool sport and coat sweaters and vests, leather coats, oil clothing and rubber boots. The No-Rent, Money-Back Store. Cash Checks given. Gus Marks, 417 K St. Open evenings until 9 o'clock.—Adv.

Mrs. A. Dassonville and son Jack spent Sunday in Newcastle visiting Mr. and Mrs. Calvin Huett.

Mrs. O. P. Cook left Monday for San Francisco. Her husband was operated on Saturday at the Southern Pacific hospital there.

Mr. and Mrs. Archie Strader of Fresno are spending a few days here visiting Mrs. Emma Hunt.

Mrs. Byron Williams returned to her home Monday after having been confined to the Sutter Hospital for several days.

Mr. and Mrs. Ted Porter, who have resided here for sometime, left for Chico to make their home.

Mrs. A. A. Dassonville and Miss Helen Dassonville have returned from Oakland, where they visited friends and relatives.

"For Sale—A Prison," is the odd advertisement which appeared in the newspaper of the town of Meckamburg, Switzerland. The jail has been empty for many years and the officials have decided to sell it and save the money of its upkeep.

And no prohibition there.

DONATION DAY BRINGS RELIEF TO THE UNFORTUNATE

Last Tuesday, December 16, which had been designated as Donation Day in the town of Washington by members of the Boosters' Club, did not result in a great outpouring of gifts for the poor and unfortunate.

Mrs. Ray Peek and Mrs. Painter put in their time at the town hall for several hours waiting for benefactors but very few showed up.

Mrs. Cameron, however, reported that she had received several telephone messages advising her that neighbors and residents of the town had several gifts ready for distribution if only some conveyance could be sent after them.

No real cases of destitution have been reported in the community, although in one case, that of a Mexican family located in the M street camp grounds, there were four children whose father had deserted them and who were in need of warmer clothing for the winter season.

Mrs. Cameron promised to look after this case and any others that might subsequently be turned in.

GRADUALLY FADING AS NATURE PROVIDES

Henry Leinberger, Sr., appears to be gradually paying the penalty of old age and although he is still bright in mind and wholesome in body his strength wanes from day to day even with the tender nursing of several relatives and graduated nurses.

His mind is still bright. He converses happily with his friends. He is solicitous about his business but his strength is waning. His physician believes he may continue in his present condition for some considerable time.

Hearing on Location of Highway in Washington Before State Commissioners Will Be Given on Jan. 14th

Frank Mixon, secretary of the state highway commission, informed the Independent last Tuesday that the state highway commissioners would grant a hearing to residents and taxpayers of Washington on January 14 relative to a change in plans for the highway through Washington.

In a previous issue of this paper word was published that plans had been framed to run the highway outside of the town or, more specifically, along the northern line of the embankment of the Sacramento Northern Railway to connect with the M street bridge.

To this routing the people of Washington object because they argue that it would be an injustice to the taxpayers within the town limits and, in addition, that routing would be a more dangerous road to travel than if the road were to connect with the Southern Pacific bridge.

At the meeting of the board of supervisors of Yolo County on December 1 a delegation of taxpayers appeared protesting against the appropriation of sufficient funds to pay one-quarter of the cost of a new subway under the Sacramento Northern embankment that is to be located between five and six hundred feet west of the present subway at the foot of Fifth street. The argument advanced at that time by the taxpayers was that if the funds were appropriated by the Yolo board of supervisors for that subway then the completed plans running the road to connect with the M street bridge would be fulfilled as shown on maps presented by representatives of the state highway commission.

Fortunately, the representatives of the state highway commission present at that meeting, among whom was Secretary Mixon, withdrew the application until the taxpayers of Washington could be given a hearing.

Now comes Secretary Mixon advising the Independent that the requested meeting will be held on Wednesday afternoon, January 14, at 1:30 p. m. in Room 515 of the Forum Building, at Ninth and K streets, Sacramento.

Present at that meeting will be State Highway Commissioners Harvey M. Toy, Louis Everding and N. T. Edwards, with State Highway Engineer Robert Morton and Secretary Frank Mixon.

In advising the Independent relative to this hearing, Secretary Mixon impressed on the writer that it is not necessary for a mob of taxpayers to be present for the purpose of furthering the individual claims of each taxpayer.

On the contrary, it is necessary that the claims of the town of Washington be advanced intelligently, logically and reasonably, and that those claims will be given due consideration by the highway commissioners, but since other claims are also to be presented on the same day from other localities, the commissioners will not listen to the individual opinions and claims of the different taxpayers.

Nor must there be a mob of any character at the hearing.

If the claims of the people of the town of Washington are advanced reasonably and logically there is no doubt that the highway commissioners will give a fair and impartial hearing and may even decide there and then to change the routing of the state highway through the town of Washington from the plans already framed and mapped, and make a new routing through the town to connect with the Southern Pacific bridge.

Secretary Mixon impressed on the writer also that the idea must be conveyed to the people that the commissioners form a state body to accommodate the people of the state and not the people of any particular section or hamlet or settlement. The purpose of the commissioners is to build the roads so that the greatest number of taxpayers will have the shortest route between centers of population in the state.

Taxpayers in the town of Washington have paid heavily already toward the state highways. Up to this moment they have had but very poor accommodation because the roadway through the town is not only unsatisfactory but is even dangerous. There is no more dangerous curve in the whole section of state highway than that known as "death curve," located at Fifth and Anne streets in the town of Washington.

In addition, there are the grades of varying declivities and proclivities along Anne street, between Fifth street and the incline of the Southern Pacific bridge. These have been anything but satisfactory and now that a state road is to be built through the town the taxpayers feel that they should be given a preference, if possible.

LATER

The above information was conveyed to the meeting of the Washington Boosters' Club last Tuesday evening in the town hall.

After considerable discussion, a motion was passed and carried that it was the sense of the Boosters' Club that Joseph Pereira should be recognized as the official representative of the club at the hearing to be granted before the state highway commissioners on January 14.

Pereira is recognized as one of the property owners most deeply affected in the transfer of the state highway routing from that which now exists to that which is proposed in the plans of the commissioners, namely, that along the northern line of the Sacramento Northern embankment and connecting with the M street bridge.

Pereira advised the members of the Boosters' Club that he had been doing considerable work in connection with the hearing that is to be granted by the commissioners. He said he had consulted several of the large property owners and secured from them a proxy to represent them before the commissioners, and he advised that provided no better talker could be found to present the claims of the people of the town he would do it himself.

CANCER CAUSED MORAGLIA'S DEATH AT AN EARLY AGE

Luigi Moraglia, a resident of Washington for several years and a brother-in-law of Ed. Guastali, died in Sacramento in the Sutter Hospital on December 3, where he was taken to undergo an operation.

Following a proper diagnosis of his ailment it was decided by his physicians that no operation would be performed. He was afflicted with cancer of the stomach with no hope of saving his life because of the advanced stage of the disease.

Moraglia had operated a dairy for several years on the Henley place west of town. He was a frugal and industrious man and during a short lifetime of thirty-six years saved considerable, which he left to his wife and boy, who have contnued to reside in Italy since he came to the United States.

By a great concourse of friends who knew him well and who esteemed him for his worth, he was conveyed to his last resting place in St. Joseph's Cemetery on Saturday, December 6.

His little family in Italy have been advised of his death and his brother-in-law, Ed. Guastali, is settling up his affairs for their benefit.

BRANCH LIBRARY TO BE OPENED AT ELKHORN

Plans for the establishment of a branch county library at the Monument district school of which Miss Adele P. Marty is instructress, were taken up at the meeting of the Elkhorn Farm Center, presided over by W. E. M. Beardslee last Monday evening. This, together with plans for the annual Elkhorn center Christmas tree to be held next Saturday evening, were the principal business items of an extended and interesting program.

Membership drive committeemen were named in H. L. Ogden, K. L. Lovdal, J. E. Bandy, Charles Luce, Mrs. Luce, George Hicks, Mrs. K. L. Lovdal, E. R. Hanner and Mrs. H. L. Ogden. They were instructed to attend the annual drive banquet to be held at Yolo on Friday evening, January 9.

Professor J. W. Gilmore of the University Farm at Davis, recently from Chili, South America, discussed the agricultural conditions in the Southern Republic most interestingly, convincing the American farmer that he had the best of the situation on this continent.

Cash Paid For False Teeth, platinum, discarded jewelry and old gold. Hoke Smelting & Refining Co., Otsego, Michigan.

6% Loans Under Reserve System on city or farm property. Reserve Deposit Company, 72 Fourth Street, Portland, Ore.

EMANUEL HENDRICKSEN
ATTORNEY-AT-LAW
307 Capital National Bank Bldg.
Main 351

CHRISTMAS TREE HELD TODAY FOR CHILDREN OF PUBLIC SCHOOL

This afternoon in the public school building of Washington three hundred regular attendants were present to enjoy an entertainment and distribution of Christmas gifts provided by the Parent-Teachers Association.

The funds were provided by the Parent-Teachers Association in the amount of about $20. Of this amount there was left over from last year's funds $14.31, and to that was added a little over $5.00 to complete the amount necessary for the gifts.

The firm of Clark & Klefman supplied all the candy and sweetmeats required.

During several days the children of the public school have been preparing a program of entertainment for their friends and parents and were thoroughly drilled in their recitals for the Christmas tree.

The average attendance at the public school building is 286 children, but in order that there might be no shortage the Parent-Teachers Association were prepared to entertain about 300. There was no provision made for outside children or youngsters who are not yet of school age.

The Independent was not able to secure details of the entertainment before going to press.

GREZORK EXONERATED OF SUSPICION

Woodland, Dec. 15.—H. D. Grezork, who was under surveillance as a robbery suspect, has been exonerated of any suspicion by residents of Washington who were robbed.

Grezork was brought to a local hospital several days ago in a serious condition. He said he had been attacked and robbed.

Season's Greetings

FRASER & DOYLE
Twenty-first and Y Streets, Sacramento
Washington, Yolo County

G. Beale & Co.
ONLY REAL GROCERS IN WASHINGTON
We aim to treat the people of this locality with the utmost fairness
We carry the largest stock outside of the big markets of Sacramento
OUR PRICES ARE RIGHT!
WE DELIVER
Open evenings till Christmas and New Year
PHONE YOUR ORDER TO MAIN 6290

7-Mile House
Upper Stockton Road
This is a House of Staples
Tires, Gas, Tubes, Oils and Groceries
Campers' Supplies for Travelers
NICK KADEI PROPR

Washington Meat Market

CAMP IN THE OPEN

OPINION

News-Ledger Editorial

Getting ready for a rainy day

West Sacramentans, and their leaders on the matter of flood control, deserve a pat on the back for their approval of a new levee improvement tax. You can call it enlightened self-interest, but the process was also an example of good leadership.

The city opted to tax itself to pay for levee upgrades, aiming for a 200-year level of flood protection. That would cut West Sacramento's risk of catastrophic flooding in half. Both commercial property owners and homeowners approved the tax by a margin of better than two to one.

New data about levee safety caused the city (and the U.S. Army Corps of Engineers) to take a new, far more critical look at the walls built around West Sacramento to keep the water out. Hurricane Katrina and its attack on New Orleans made the flood threat "real," and brought it to the forefront of public awareness.

Property owners inside this bathtub of levee walls correctly realized they were all in this together, and that it's better to pay a little bit now than to pay a whole lot later. A drive to create the new levee improvement fund was driven partly by developers, who saw their grand plans in danger from flood risks. But the rest of the community also felt the urgent need to step up and fix the problem. It was one of those too-rare cases when the interests of the developers, businesses and residents all came into alignment.

By acting quickly to raise money both from new development and from existing property owners, West Sacramento did a fine job in positioning itself to receive matching federal and state monies for levee fixes. A lot of leadership came from city officials, the local reclamation districts and the business community.

The rest of the credit belongs to the several thousand local property owners who voted "yes" on the new flood protection assessment district.

Here in July, ith sunny skies overhead and the horrific images of New Orleans receding in our consciousness, this vote may not seem as critical as it might. But when the rains return and the water starts to rise, the new tax will start to look awfully good.

Letters to the Editor

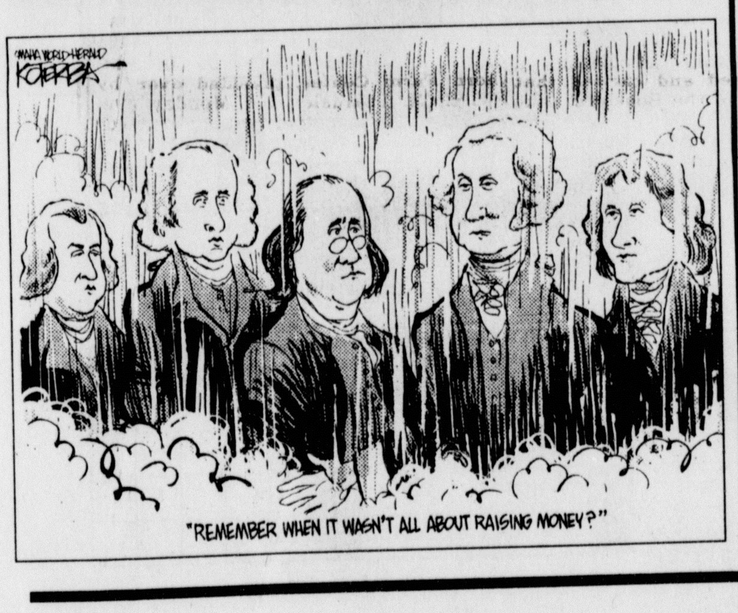
Pass a state budget!

Here we are, over two weeks into the 2007-2008 state fiscal year, but no approved state budget, preventing the state and many local governmental agencies from being able to pay billings, thus making it harder to do business with their vendors. And the longer the delay, the more of a time crunch on the accounting staffs to pay bills once the budget is finally approved.

Why? I have heard that Governor Schwarzenegger wants to cut programs for the needy to pay off the state's deficit and some of our bonded indebtedness faster. Included are big cuts in public transit funding previously approved by the voters.

The bottom line is that the governor needs to stop trying to cut programs for the needy, including public transit monies, and pass a budget that is fair to all.

WILLIAM A. LOWELL
West Sacramento



Where does Yolo's money go?

By Pat Leary
Assistant Yolo County Administrator

$327 million sounds like a lot of money. It's the amount of the budget just adopted by the Yolo County Board of Supervisors for the 2007-08 fiscal year. But, it's a lot less per person than any other county in the region (big or small) or comparable county throughout the state has available to spend per resident. Not surprisingly, this is directly linked to Yolo receiving the lowest per capita amount of revenues. In spite of this, Yolo County does more with less than other comparable government in California.

Where the heck does it all go?

In Yolo, the largest slice goes to health, social services and alcohol, drug and mental health services (50%). Most of these dollars come from the state and federal governments and are "passed through" Yolo County to individuals or families. Yolo provides the service while the state and feds pay the lions' share – though by no means all – of the costs. Some of these services include foster care, food stamps, medical care for the indigent, restaurant inspections, and mental health care.

The next largest segment of spending is for law and justice services (21%) including the Sheriff, District Attorney and Public Defender. General government (14%) follows, including the Board of Supervisors, elections, Auditor-Controller/Treasurer-Tax Collector and Assessor. Public works (10%) spending comes in next for paving roads, filling potholes, issuing building permits and managing the landfill; and the remainder of the budget is expended on library services, agriculture and parks and resources (5%).

So where does all the money go? Beyond the broad categories of government-speak spending, what did taxpayers really get for their dollars last year?

460 children in foster care

3,570 tons of asphalt/concrete to fill potholes and patch county roads

3,585 individuals received mental health treatment

3,946 weighing and measuring devices inspected

$14,312,688 million collected in child support payments for families

8,000 criminal cases prosecuted, including 5,000 felonies

11,000 indigent primary care health visits provided

3,667 households participated in household hazardous waste program

386 tons of electronic waste recycled at the landfill

And the list goes on....

To "wow" your friends and neighbors with more facts about Yolo County spending, visit www.yolocounty.org and click on Budget Reports. In the 2007-08 Recommended Budget you'll find a host of information about Yolo County. In addition to charts and graphs demonstrating the county's fiscal condition, within individual department budgets you'll find "Key Facts" on how all those numbers and programs translate into actual services for residents.

Somehow low spending sounds like something to be proud of. It is, and it's not. Yolo County prides itself on continually improving efficiency and working faster, smarter and leaner than our compatriots elsewhere. But there is always more to be done, and in Yolo, we have a growing population demanding quality services. Efficiency is a fundamental component of living within our means, but it will carry us only so far. Yolo needs structural change, including economic development, revenue sharing with the cities, and likely, changes in the law.

For now, we'll do the very best with what we have.

Fictitious Business Name Statement
Filed June 14 2007
File No. 2007-627

The following person is doing business as Almanor Lake View, 2472 Starling Lane, West Sacramento CA 95691:

Modern Care and Living, LLC, same address.

This business is conducted by a Limited Liability Company.

The registrant commenced to transact business under the fictitious business name or names listed above on 4/16/07.

/s/Ramor Silvestre, Member
Modern Care and Living, LLC

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 14 2007
by: /s/Ava Woodard, Deputy Clerk

June 27 July 4 11 18
Cns1128878

Fictitious Business Name Statement
Filed June 18 2007
File No. 2007-632

The following person is doing business as Seaway Commerce Center, 830 Riverside Parkway, Suite 10, West Sacramento CA 95605:

Harsch Investment Properties, LLC. 1121 SW Salmon Street, Portland OR 97205.

This business is conducted by a Limited Liability Company (Oregon).

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Gregory H. Baum
Vice President and Secretary
Harsch Investment Properties, LLC

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 19 2007
by: /s/Kim Weisenburg, Deputy Clerk

June 27 July 4 11 18 25

Fictitious Business Name Statement
Filed June 18 2007
File No. 2007-631

The following person is doing business as Seaway International Commerce Center, 830 Riverside Parkway, Suite 10, West Sacramento CA 95605:

Harsch Investment Properties, LLC. 1121 SW Salmon Street, Portland OR 97205.

This business is conducted by a Limited Liability Company (Oregon).

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Gregory H. Baum
Vice President and Secretary
Harsch Investment Properties, LLC

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 19 2007
by: /s/Kim Weisenburg, Deputy Clerk

June 27 July 4 11 18 25

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
Case Number: PT07-1159
Petition of Ciecie Catherine Sophia Marie Vierra for Change of Name

TO ALL INTERESTED PERSONS:

Petitioner Ciecie Catherine Sophia Marie Vierra filed a petition with this court for a decree changing names as follows:

Present name: Miguel Ramon Alejandro Nicolas Tyler Vierra. Proposed name: Nicolas Tyler Vierra.

THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.

NOTICE OF HEARING: July 31 at 9:00 a.m. in Dept. 2, Superior Court of California, County of Yolo, 725 Court St., Woodland CA 95695, Civil Division/Family Court.

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: West Sacramento News-Ledger. This Order to Show Cause is also directed to any man who may be the father of the minor child Miguel Ramon Alejandro Nicolas Tyler Vierra born May 17, 1991, in Sacramento, CA.

6/11/07
By: Timothy L. Fall, Judge of the Superior Court

June 27 July 4 11 18

Fictitious Business Name Statement
Filed July 5 2007
File No. 2007-693

The following person is doing business as 24seven Vending, 2286 Stone Blvd., West Sacramento CA 95691:

Bird Ventures, Inc., 4326 Lombardia Way, El Dorado Hills, CA 95762.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on 6/1/07.

/s/Damon Bird, President
Bird Ventures, Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: July 5 2007
by: /s/Ava Woodard, Deputy Clerk

July 18 25 Aug 1 8

Fictitious Business Name Statement
Filed June 25 2007
File No. 2007-665

The following person is doing business as Pipe Dreams, 3310 Jefferson Blvd., West Sacramento CA 95691:

Ronald H. King, 3375 Jefferson Blvd., W. Sacto. CA 95695.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/1/97. Previous fictitious business name number 97-415.

/s/Ronald H. King.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 25 2007
by: /s/Ava Woodard, Deputy Clerk

July 18 25 Aug 1 8

NOTICE OF HEARING
August 2, 2007

The West Sacramento Planning Commission will consider the following matters on Thursday, August 2, 2007, at West Sacramento Civic Center, City Council Chambers, 1110 West Capitol Avenue, West Sacramento, California, at the times as specified or as soon thereafter as the matters may be heard:

6:00 p.m.

CONSENT AGENDA

1. Clearwire Proposed Wireless Internet Facility at 1075 Triangle Court (ZA 07-23) (Allen)

The applicant request approval of a minor wireless telecommunications permit to link Clearwire signals from throughout the Sacramento region to the existing Level 3 fiber optic network. The project would also include placement of six microwave dishes above the roof parapet of the building. The property is zoned M-1 (Light Industrial). The project is Categorically Exempt from the California Environmental Quality Act (CEQA) pursuant to §15311 (Accessory Structures) of the CEQA Guidelines. APPLICANT: SRES/Clearwire, Attn: Jim Louie, 10411 Old Placerville Road, Suite 210, Sacramento, CA 95827. OWNER: Level 3 Communications, 1025 El Dorado Boulevard, Bloomfield, CO 80021.

REGULAR AGENDA

2. Public Workshop on Design Review (Powderly)

The Planning Commission has requested information regarding the City's Design Review process and possible alternatives. Staff will present the City's current design review process and the processes of a select group of jurisdictions in the Sacramento region.

3. Continued Public Hearing Regarding Conditional Use Permit No. 06-13, Proposed Freeway Information Sign at 1250 Halyard Drive (Tilley)

The proposed project consists of construction of a ±65-foot tall multi-tenant freeway information sign at 1250 Halyard Drive. The sign is designed to feature signage for the existing Best Western Harbor Inn and other businesses within 1,000 feet of the Harbor Blvd. US 50 off ramp. It would replace the existing non-conforming pole sign located on the site. The sign would also identify the City of West Sacramento and the Harbor Blvd. exit. Total sign area would be approximately 540 square feet per side. A Mitigated Negative Declaration has been prepared for this project in compliance with CEQA Guidelines. APPLICANT/OWNER: Sawhney Properties, L.P., 418 Jefferson Street, Oakland, CA 94607.

Steve Rikala, Secretary
West Sacramento Planning Commission

If you challenge any of the above items in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City of West Sacramento at, or prior to, the public hearing.

Statement of Abandonment of Use of Fictitious Business Name
Filed June 14 2007
FBN Number 2003-448

The following Fictitious Business Name: Skylark Mobilehome Park, whose principal place of business was 3205 West Capitol Ave., West Sacramento 95691, Yolo County, which was originally filed in Yolo County on 5/21/1998, is being ABANDONED by the registrants listed below:

Bill Hutchinson and Lori Hutchinson, 20735 5th St. East, Sonoma, CA 95476, Sonoma County.

/s/Bill Hutchinson

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 14 2007
by: /s/Ava Woodard, Deputy Clerk

Fictitious Business Name Statement
Filed June 6 2007
File No. 2007-695

The following person is doing business as MC Diesel Repair, 529 Houston St., Unit A, West Sacramento CA 95691:

MC Diesel Repair Inc., 529 Houston St., Unit A, West Sacramento CA 95691.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on 7/6/07.

/s/Mario Correa
/s/Virginia Correa
MC Diesel Repair Inc.

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: July 6 2007
by: /s/Sara Pfeifle, Deputy Clerk

ORIGINAL DEFECTIVE

PUZZLES & COMICS

The Spats

by Jeff Pickering

R.F.D.

by Mike Marland

WHEW! IT'S HOTTER'N THE 4TH OF JULY OUT HERE!
ACTUALLY, HENRY, IT WAS HOTTER ON THE 4TH.
AND ON THE 5TH, 9TH AND 12TH.
NOT TO MENTION THE 18TH, 19TH AND 20TH.
IT'S JUST A SAYIN', SIM!!!
GEESH! TEMPER, TEMPER! MUST BE THE HEAT.
MARLAND

Mama's Boyz

by Jerry Craft

Amber Waves

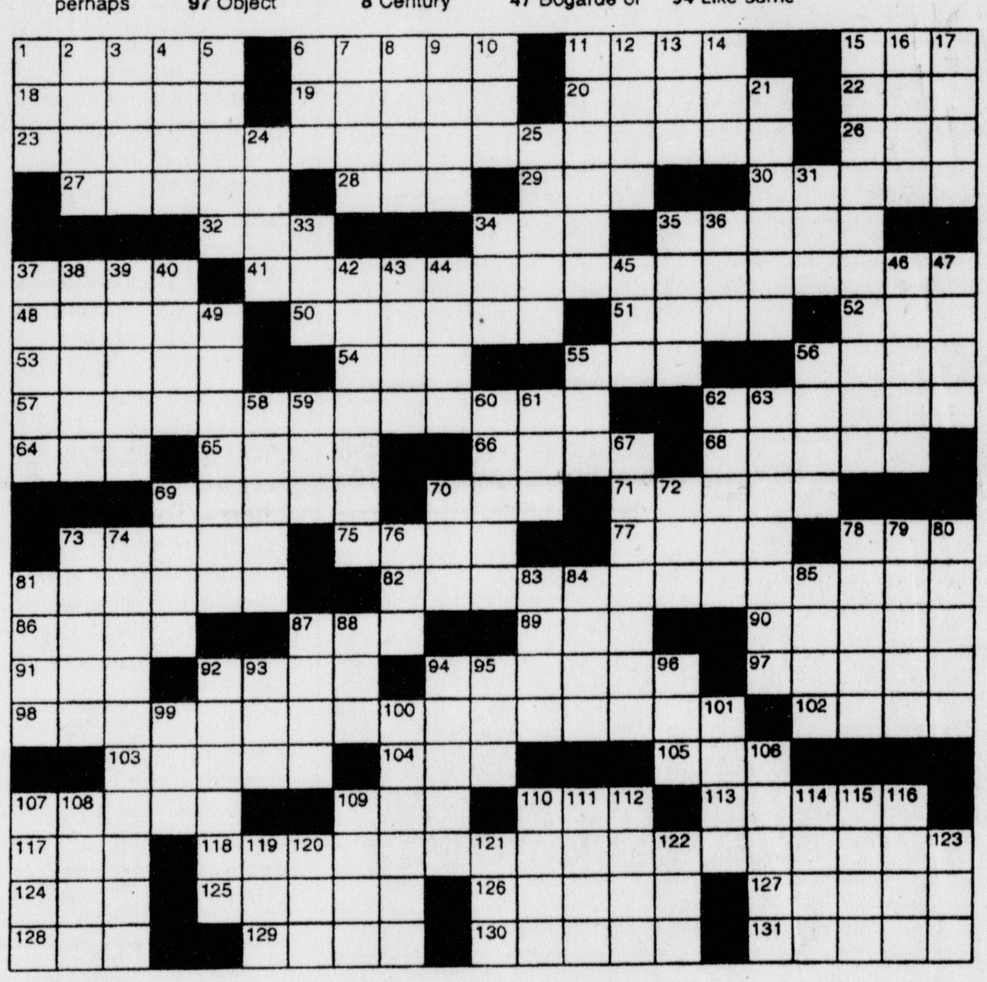
by Dave Phipps

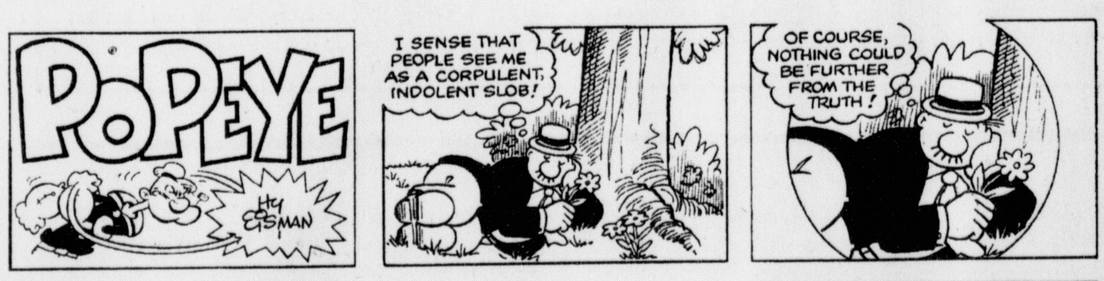
GERALD, YOUR DAD AND I WANT YOU TO KNOW WE'RE GOING TO HAVE A BABY.
OOH..WHEN, LIKE LATER TODAY, OR AT LEAST BY THIS WEEKEND
NO DEAR, YOU HAVE TO WAIT EIGHT MONTHS.
OH GREAT! LIKE CHRISTMAS ISN'T FAR ENOUGH.

Super Crossword CENTENNIAL

ACROSS
1 "Home —" ('90 film)
6 Faithful
11 Elated
15 Tighten the tent
18 Nigerian city
19 Actress Verdugo
20 Paddled
22 Multi-purpose vehicle
23 Photography event of 1900
26 "Unforgettable" name
27 Snicker sound
28 Mexican Mrs.
29 Have a mortgage
30 Attack
32 Sniggler's quarry
34 Baseball's Piniella
35 TV's "Green —"
37 Young follower?
41 Literary event of 1900
48 Roberts or Tucker
50 Only just
51 Olympic VIP
52 Med. test
53 Take in, perhaps
54 Big bang letters
55 Distress
58 Terror
57 Exhibition event of 1900
62 Solidarity city
64 Weldon or Wray
65 And others
66 Utah city
68 Way to go
69 Donizetti's "L'elisir d'— "
70 Queler or Arden
71 Heavenly hunter
73 Meir's successor
75 Knight's wife
77 Clasp
78 Scale notes
81 Ease a situation
82 Musical event of 1900
86 Huck's craft
87 Service div.
89 "— Doll" ('64 hit)
90 Urania's sister
91 Skater Midori
92 Act catty?
94 Anesthetic type
97 Object
98 Transportation event of 1900
102 90 Across' instrument
103 Moshe of Israel
104 Shady character?
105 High peak
107 Multivoiced Mel
109 Coach Parseghian
110 Favorite
113 — terrier
117 Massage
118 Culinary event of 1900
124 Every last bit
125 Humpback's home
126 Luncheon-ette lure
127 Gawk
128 Payable
129 Makes lace
130 Actor Gary
131 Detection device

DOWN
1 TV ET
2 Cafe au —
3 Fairy-tale fiend
4 Snack
5 Cosmetician Lauder
6 Papal name
7 Auto pioneer
8 Century segment
9 "Lonely Boy" singer
10 Research site
11 Become an adult
12 Rob of "Wayne's World"
13 Barley beard
14 "Agnus —"
15 Word in a Dostoyevsky title
16 Coup d'—
17 See 115 Down
21 Rubble
24 Boat bottom
25 Commodious
31 Guitarist Paul
33 Tennis stroke
34 "— Abner"
35 Cain's victim
36 Actor Gulager
37 Rod
38 Actress Shire
39 Threshold
40 Bread and booze
42 Upset
43 Bond foe
44 New York team
45 "Raid on Entebbe" weapon
46 Rub out
47 Bogarde or Benedict
49 Apollo's sister
55 Veneration
56 Hawthorne's was marble
58 Make amends
59 Mideastern letters
60 Fly a chopper
61 Trams transport it
62 Barbecue
63 Drew while distracted
67 Connecticut native
69 Border on
70 Aussie walker
72 Hugo's "Le — s'amuse"
73 Lasso
74 Priced right
76 Canine grp.
78 Full of froth
79 Pianist Schnabel
80 A little night music?
81 Wet blanket
83 Junket
84 Fade away
85 Songwriter Jacques
87 English architect
88 — deco
92 '60 Hitchcock classic
93 Actress Thurman
94 Like some energy
95 Petite pooch
96 Thompson or Salonga
99 Rocker Whitcomb
100 August shows
101 554, to Tiberius
106 Preserve a petunia
107 Nail type
108 Berg opera
109 Blind as —
110 Callao's country
111 Desire deified
112 Use a stopwatch
114 Division word
115 With 17 Down, famed saxophonist
116 51 Across' missis
119 Pretend
120 "Cry — River" ('55 song)
121 Yak
122 Aye opponent
123 Augsburg article




POPEYE
Hey Eisman
I SENSE THAT PEOPLE SEE ME AS A CORPULENT, INDOLENT SLOB!
OF COURSE, NOTHING COULD BE FURTHER FROM THE TRUTH!
I'M GOING TO MOUNT A CAMPAIGN TO TRANSFORM MY IMAGE
"...THIS WILL ENTAIL GOING ON A HEALTHFUL DIET..."
BROWN RICE
TOFU
YOGURT
WHEAT GERM
"...ADDING A VIGOROUS REGIMEN OF EXERCISE..."
"...PLUS A REVAMP OF MY ENTIRE WARDROBE"
"...AND COINCIDING WITH A DILIGENT SEARCH FOR GAINFUL EMPLOYMENT..."
HELP WANTED
OF COURSE THIS ISN'T SOMETHING ONE RUSHES INTO!
www.kingfeatures.com

FLASH GORDON
By JIM KEEFE
WITH TENGSI UNDER THREAT OF TORTURE, FLASH BEGINS RETRIEVING TOP-SECRET DATA FOR HIS CAPTORS.
ONCE THE LOCATION OF THE RADIUM MINES IS IN OUR HANDS, ALL RACES SHALL BOW DOWN BEFORE US!
IT'S DONE. THE FILES ARE DOWNLOADING.
NOW LET HER GO.
THIS IS CAUSE FOR CELEBRATION!
CAPTAIN, THROW THE SURFACE DWELLERS ON THE FIRE... IT'S TIME TO FEAST!
GIVEN A BRIEF RESPITE, FLASH LASHES OUT!
AFRAID WE'RE GOING TO HAVE TO PASS ON THE DINNER INVITATION!
YOU'RE OUTNUMBERED, GORDON! IT'S ONLY A MATTER OF TIME BEFO...
KA-THOOM!
THOOM
THOOM
WHAT THE...?!
TO BE CONT'D

Answers to puzzles are on Page 4

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		–		12
+		x		÷	
	x		+		14
x		+		+	
	+		+		11
11		11		11	

1 2 2 3 4 5 6 7 8

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Weekly SUDOKU

by Linda Thistle

	8		7	5			9	
		4			8	3		6
5		2			3	7		
4				7	2	1		
9			8				2	7
	1	7		6				5
6				3	7		8	
	2	3	9					1
	5		4			9	7	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

MAGIC MAZE ● BORN ON FEBRUARY 29

M J G E B Y W U R P N K I G I
E D B N Z X V S Q O M K L I I
G R R E A C A A N Y W S O U I
S V O R E M E N N I N Q U P L
N L S (H O L L E R I T H) S J U
H F S A S E S L B C R R M A A
Y X I N W O R B E E D A A V P
U S N N R Q O P N W M K F M E
J H I L F R E C B Z W Y X D P
V U A E T T R S U H T L A B O
Q P O E L U R A J Y M M I J P

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Al Rosen, Ann Lee, Balthus, D. Farina, Dee Brown, Hollerith, Ja Rule, Lousma, Nemerov, P. Martin, Pope Paul III, Rossini, Shore, T. Robbins, W. Wellman

ORIGINAL DEFECTIVE

DINING, TRAVEL & ENTERTAINMENT

CRITIC'S CORNER
By D.N.A Smith

"Live Free or Die Hard"

Running time: 2 hours, 10 minutes
MPAA rating: PG-13

It's safe to say that this is the last time Bruce Willis will be playing Detective John McClane, and you can tell that Willis wanted his iconic character to go out with a bang. And another bang. And ...

That's what makes "Live Free or Die Hard" the best action movie of the year. It is wall-to-wall stunts, gunfights and Stuff Blowin' Up Real Good.

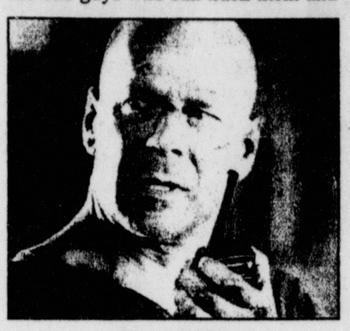
And the icing on the cake is that you can tell Willis is having the time of his life and not just phoning it in for a huge payday. Bruce's enthusiasm for the character is infectious. And for all the online bluster about how a PG-13 rating was going to spoil the film, I can tell you honestly that it doesn't. "Live Free or Die Hard" is a solid action movie — and yes, McClane DOES deliver his signature "Yippy Kai Yay" line.

The plot — as if it matters — surrounds an attack on the nation's computer infrastructure, from power grids to national security systems, financial institutions, even traffic lights.

A really evil guy who is too pretty to be a nerd (Timothy Olyphant) is wreaking havoc on the country.

Det. John McClane has, in tow, a young hacker (Justin Long) who inadvertently helped develop part of the insidious code.

As the country crumbles down around them, McClane and the hacker have to try to stay one step ahead of the bad guys who can track them and



Bruce Willis

then send helicopters, fighter jets and other nasty stuff their way.

One of the highlights of the film is a cameo by filmmaker Kevin Smith, who plays an uberhacker with the handle, "Warlock." It was great to see Smith in the role, but it also made it glaringly obvious how weak Justin Long's characterization was. It would've been better to have Silent Bob himself hang with McClane and whomp some cyber-terrorist booty.

Yippy-Kai-Yay, indeed.

GRADE: A

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Moments in time
THE HISTORY CHANNEL

• On **July 25, 1832,** the first recorded railroad accident in U.S. history occurs on the Granite Railway near Quincy, Mass., when a cable snaps, throwing four people from a vacant car and over a 34-foot cliff.

• On **July 27, 1901,** singer and actor Rudy Vallee is born in Island Point, Vt. One of the first heartthrobs in early entertainment history, Vallee was known as "The Vagabond Lover," after one of his songs.

• On **July 24, 1915,** the steamer Eastland overturns in the Chicago River, drowning between 800 and 850 of its passengers. Most of the corpses were taken to the Second Regiment Armory, which is now home to "The Oprah Winfrey Show." Some of the show's employees have claimed that the studio is haunted by ghosts of the Eastland disaster.

• On **July 28, 1929,** President John Kennedy's beautiful and popular wife, Jacqueline Bouvier Kennedy, is born into a prominent New York family. On a trip to France in 1961, President Kennedy quipped, "I'm the man who accompanied Jacqueline Kennedy to Paris."

• On **July 26, 1947,** President Harry Truman signs the National Security Act, which becomes one of the most important pieces of Cold War legislation. The act created the Department of Defense, the National Security Council and the Central Intelligence Agency.

• On **July 29, 1958,** the United States Congress passes legislation formally inaugurating the National Aeronautics and Space Administration (NASA). Billions of dollars later, Neil Armstrong stepped out of the lunar module Eagle and onto the moon's surface on July 20, 1969.

• On **July 23, 1976,** members of the American Legion arrive in Philadelphia to celebrate the bicentennial of U.S. independence. By Aug. 2, 22 people were dead and hundreds connected to the gathering were experiencing pneumonia-like symptoms. Their ailment would come to be known as Legionnaires' disease.

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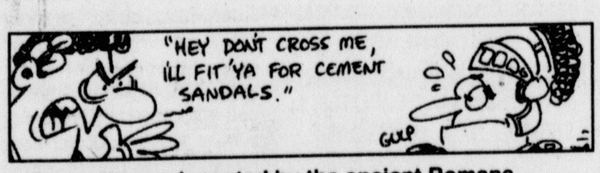

Concrete was invented by the ancient Romans.

Comfort foods
Made fast and healthy

by Healthy Exchanges

Magnificent Swiss Steak

How wonderful to come home to the aroma of this steak dinner that has been simmering all day.

- *1 (15-ounce) can diced tomatoes, undrained*
- *1 (10 3/4-ounce) can Healthy Request Tomato Soup*
- *1 teaspoon Worcestershire sauce*
- *1 1/2 teaspoons dried parsley flakes*
- *1/8 teaspoon black pepper*
- *1 cup chopped onion*
- *1/2 cup chopped green bell pepper*
- *4 (4-ounce) lean tenderized minute or cube steaks*

Spray a slow cooker container with butter-flavored cooking spray. In a large bowl, combine undrained tomatoes, tomato soup, Worcestershire sauce, parsley flakes and black pepper. Add onion and green pepper. Mix well to combine.

Spoon about 1/2 cup of tomato mixture in bottom of prepared container. Evenly arrange minute steaks over tomato mixture. Spoon remaining tomato mixture evenly over meat. Cover and cook on LOW for 6 to 8 hours. When serving, evenly spoon tomato mixture over steak pieces. Serves 4.

• Each serving equals: 241 calories, 5g fat, 29g protein, 20g carbs, 448mg sodium, 46mg calcium, 3g fiber; Diabetic Exchanges: 3 Meat, 2 Vegetable, 1/2 Other Carb; Carb Choices: 1.

Visit Healthy Exchanges at www.healthyexchanges.com or call toll-free at 1-800-766-8961 for more information about its "common folk" healthy recipes.

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Good Housekeeping

Tomatoes, Goat Cheese and Arugula Salad

TOTAL TIME: 15 minutes
MAKES: 6 servings

- *24 oil-marinated dried tomato halves, well-drained*
- *2 tablespoons plus 1/4 teaspoon coarsely ground black pepper*
- *3 (3.5-ounce) logs goat cheese*
- *2 tablespoons red wine vinegar*
- *1 tablespoon extra-virgin olive oil*
- *1/2 teaspoon dried basil leaves*
- *1/4 teaspoon sugar*
- *1 bunch arugula (4 ounces) or watercress*

1. Sprinkle 2 tablespoons pepper on waxed paper. Roll cheese logs in pepper; slice each into 6 pieces.

2. In bowl, with wire whisk or fork, mix red wine vinegar, olive oil, basil, sugar and 1/4 teaspoon pepper.

3. Arrange arugula on plates with goat cheese and dried tomatoes. Serve with red wine vinaigrette.

• Each serving: About 235 calories, 11g protein, 11g carbohydrate, 18g total fat (8g saturated), 23mg cholesterol, 380mg sodium.

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Good Housekeeping

Cherry-Tomato Salad with Chives and Lemon

This refreshing salad doesn't hold well once combined; add tomatoes to lemon slices and dressing just before serving.

TOTAL TIME: 20 minutes
MAKES: 8 servings

- *2 medium lemons*
- *2 pints red cherry or grape tomatoes, each cut in half*
- *1 pint yellow cherry tomatoes, each cut in half*
- *1 tablespoon sugar*
- *2 tablespoons snipped fresh chives*
- *2 tablespoons extra-virgin olive oil*
- *3/4 teaspoon salt*
- *1/2 teaspoon coarsely ground black pepper*

1. With knife, cut peel and white pith from lemons; discard. Cut each lemon crosswise into thin slices; remove seeds if necessary.

2. In medium bowl, toss lemon slices, tomatoes and remaining ingredients.

• Each serving: About 65 calories, 1g protein, 9g carbohydrate, 4g total fat (1g saturated), 2g fiber, 210mg sodium.

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Healthy Nutrition For Kids

Setting A Good Nutritional Example For Kids

(NAPS)—When it comes to feeding their children, parents certainly have the best intentions. But many have busy lifestyles that don't always allow enough time for grocery shopping, meal planning or cooking. Others may not be aware of the healthiest ingredients or cooking methods, and may rely on fatty or starchy foods as the basis for meals. Coupled with the picky eating habits that seem to be so prevalent among kids, it's no wonder that children are usually not eating as well as they should.

Age-Old Habits

• Younger children often have a number of foods that they refuse to eat. Children can be particular not just about how a food tastes, but about temperature and texture, too. And trying to get kids to eat their vegetables can be a real exercise in persistence.

• Most kids prefer foods that are tasty and high calorie, and these tend to be foods that are also inexpensive, widely available and often more convenient to eat.

• Older kids are frequently on the run, which may mean not only a lot of convenience items and fast foods, but erratic mealtimes, too. Sometimes a few extra minutes of sleep in the morning are more enticing than a healthy breakfast before school.

According to Luigi Gratton, M.D., clinical physician at University of California, Los Angeles, there are some tactics that parents can take

There are a number of ways parents can help their children eat healthier.

with their kids to help them to eat better.

"Setting a good example is a good first step," says Gratton. "Parents should make every attempt to demonstrate healthy eating habits with their kids, and this includes having regular mealtimes." He also notes that kids are more likely to eat healthy fruits and vegetables when they take part in food shopping and preparation.

Winning Strategies

Children are also more inclined to eat healthy foods when they are offered frequently and regularly. Repeated exposure to vegetables, for example, is just one way to encourage your family members to try new foods. It also helps to make foods visible and available. Try keeping a bowl of fresh fruit on the kitchen counter, or put crunchy, cut-up vegetables in the refrigerator.

Another approach for increasing intake of vegetables is by adding them to familiar foods. Cooked, pureed vegetables can be added to pasta sauce, for example, which boosts nutrition and reduces the overall calories in the dish. Cooked vegetables can also be added to soups, stews, casseroles and meat loaves—adding both nutrition and flavor.

Appropriate snacking is fine for growing kids, and well-chosen snacks can help to meet nutritional needs. But if snacking means sugary or salty empty-calorie items, consider offering fruits, vegetables, nuts or soy nuts, yogurt or low-fat pudding instead.

Smooth Things Over

Kids also enjoy smoothies, and products such as Herbalife's new line of protein shakes—designed to be mixed with milk—provide a tasty way to help kids meet their vitamin and mineral needs for the day as a snack or part of a healthy meal. A bit of protein helps to curb appetite and limit frequent snacking on less healthy items.

Despite parents' best efforts, children's diets may still fall short in certain key nutrients. "A daily multiple vitamin and mineral supplement can help to round out any potential shortfalls in the diet, and can act as a safety net," says Gratton. "Look for age-appropriate products, which target the needs for the particular age of the child."

For more information on children's nutrition products, visit www.Herbalife.com.

Fave Foods OF THE FAMOUS
by Steven Austin

Samantha Brown

As the Travel Channel's primary travel maven, Samantha Brown has visited dozens of countries, hundreds of cities and countless hotels around the world. Currently, she is discovering the beauty and energy of Central and South America in the most recent edition to her "Passport" travel series: "Passport to Latin America" (Travel Channel, Wednesdays). Before the "Passport" series, Samantha hosted several successful shows on the Travel Channel, staying in "Great Hotels" and visiting other people's "Great Vacation Homes" to see how they live. She has also discovered the extraordinary beauty of the Hawaiian culture in "Girl Meets Hawaii."

Brown enjoys showing viewers how extraordinary it is just being a part of everyday life in other countries and cultures, and how the language barrier can sometimes be a bridge to a deeper communication. She is a graduate of Syracuse University with a degree in musical theater, and has starred in several off-Broadway shows. To learn more, go to: travel.discovery.com

If people visit a restaurant and can't read the menu due to the language, is it OK to look at what other people are eating and point to it to indicate it's what you want?

"Oh absolutely, if I have no idea, as was the case in Germany, I just take a walk around the room to see what looks good. I'm always polite while I do it, and I have started great conversations with people that way. They not only help me order, but give me great tips of what I should see and do in their country. If there is one thing that unites us all it's our love of food and our desire to share what we know with others. It's always THE conversation starter no matter what country I am in."

What everyday U.S. food is more popular around the world? Pizza, burgers, fried chicken, hot dogs, etc.?

"Hot dogs are everywhere. For instance, in Copenhagen there are hot dog stands on just about every corner, and you can even just order the bun with all the fixings, which is offered as the vegetarian choice. In Chile they eat them with guacamole, mayonnaise and chopped tomatoes. Before then I didn't think you could make the hot dog even less healthy!"

Most amazing food presentation ever. And the most expensive meal?

"The Restaurant at The Four Seasons Hualalai, Hawaii, serves a fish that was once only eaten by royalty. The fish is served whole and flash fried but still retains its luminescent orange color. The way the chef arranges it on the plate is so stunning you forget to watch the sunset. The most I ever spent was at Babbo, Mario Batali's restaurant in New York City: $250 a person. I certainly can't do that often, but it was worth it."

With only $10 in your pocket you can eat one meal anywhere in the U.S. Where is it and what do you order?

"In Santa Monica right up the street from the famed Shutters on the Beach is a tiny Mexican canteen. There I had the most wonderful fried egg sandwich on crusty bread with lettuce, tomato, a sprig of basil and a light spread of mayonnaise with a dash of cayenne pepper sauce. It's $6 with a hot cup of coffee, and I would leave the remaining $4 as a tip for giving me such a great start to my day."

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ROASTED VEGETABLE SOUP

- *3 cups each zucchini, summer squash and cauliflower (cut into bite-sized pieces*
- *Olive oil*
- *Salt, pepper, minced garlic*
- *10 cups chicken stock*
- *1 can whole crushed tomatoes, Italian style*

Cut vegetables into bite-size pieces; toss lightly with olive oil and sprinkle to taste with salt, pepper and garlic. Preheat oven to 500 F. Roast until vegetables are nicely browned, tossing once during roasting. Add tomatoes to chicken stock in large pot. Bring to boil. Add vegetables and simmer on low for 30 minutes. Add more stock and spices to taste. Serves 6 to 8.

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3055 Half Moon Bay Cir.: 4 bdrm, 3 baths. This home boasts large kitchen, formal dining area, large corner lot & lots of square footage plus tons of upgrades. Beautiful home! $429,000.

501 Lilac Ln: 2 bdrm/1 1/2 baths. This home is HUGE! It features 1,650 sq ft with a big backyard. The addition alone is approx 800 sq ft with a 1/2 bath! $300,000.

2865 Janet Drive: 3 bdrm, 2 bath. Great home with 1552 sq ft, remodeled kitchen with granite counters, and new roof, carpet & updated bathrooms...plus a POOL! $350,000, credit towards landscaping.

3232 N. Bass Island. 3 bdrm, 2 ba. Awesome LOW PRICE! New patio, neutral colors, premium lot! Great family home, $399,900.

1609 Norfolk: 3 bdrm, 1 1/2 bath. In an older, established neighborhood that has all the important features. Dual pane windows, new roof, central H&A, new exter. paint, big detached garage. You should take a look at this one! $305,000.

1715 Deerwood, 3 bdrm, 2 bath. Westmore Oaks area! You'll love the beautiful hardwood floors, central H/A, the HUGE family room (great for day care or ?). $365,000.

1656 Lemontree Rd, 5 bdrm, 2 1/2 bath. Beautiful executive home in Newport Estates. F[illegible]ng rm, living rm, family rm & breakfast bar. Master [illegible]an conveniently located downstairs. Great home at great price. $469,900.

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26tfn

BEAUTY SALON FOR LEASE

FOR RENT: 3-station beauty salon. Recent remodel. Will finish interior to suit. Located 320 Webster St., West Sacramento CA 95691. Call Scott, 372-8059.
43tfn.wp

RV FOR RENT

RV for rent: 29 ft, sleeps 8, queen island bed. Unlimited mileage rate available. Call 916-801-7231.
june-aug31

LOST & FOUND PETS

Female brown/white Shih Tzu dog, short hair & ears. Lost 6/25 near Pennsylvania & Stone area. Needs medication. Please call 835-3894.
49

CAREGIVER

CAREGIVER avail. Including pets, shopping, errands (your car), light house help. Excellent references. $13/hr. Iris, 916-718-1286.
51

HELP WANTED

BE YOUR OWN BOSS
and increase your income in a large, people-oriented organization. Looking for selective, service-minded self-starters. We offer on-the-job training and were voted by Sacramento Magazine readers as "Best Real Estate Company." Call Leslie Belton at Lyon Real Estate today, (916) 376-8060.
42

"Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates."

ELECTRICIAN APPRENTICES. Hands-on exp as an electrician in appliances, power generation, & lighting. No exp. nec. Under age 34 w/H.S. diploma. Call 1-800-345-6289. (Cal-SCAN)

HOST AN EXCHANGE STUDENT TODAY- select girl or boy, 15-18 yrs, from France, Germany, Japan, Italy, China, Australia, many other countries. Students become family members, attend high school, share their language and culture. Experience of a lifetime! For information 800-733-2773, email hostinfo@asse.com or www.asse.com/host (Cal-SCAN)

JOBS JOBS JOBS! California Army National Guard. No experience. Will pay to train; High school Jr./Sr. & Grads/Non-Grads/GED. May qualify for $10,000 BONUS. Call 1-800-GO-GUARD. (Cal-SCAN)

JOBS JOBS JOBS! Truck Drivers Wanted. Immediate Openings. No experience required. Up to $20,000 signing bonus. Great benefits Call 1-800-GO-GUARD. (Cal-SCAN)

TRUCK DRIVERS: CDL training. Up to $20,000 bonus. Accelerate your career as a soldier. Drive out terrorism by keeping the Army National Guard supplied. 1-800-GO-GUARD.com/truck (Cal-SCAN)

HELP WANTED/ DRIVERS

ATTENTION CDL DRIVERS - Your Success is a Team Effort. We Pay Attention. Call McKELVEY Now 1-800-410-6255. (Cal-SCAN)

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DRIVERS - CDLA $1, 000 Sign-On Bonus. New Pay Package!!! Local or Regional. Exp. Flatbed Drivers. *Home More *California Runs *Full Benefit Package *Dedicated Runs. 1-877-523-7109. www.SystemTrans.com System Transport, Inc. (Cal-SCAN)

DRIVERS- ACT NOW! Sign On Bonus. 36 to 45cpm/$1000+ weekly. $0 Lease/$1.20pm. CDL-A + 3 months OTR. 1-800-635-8669. (Cal-SCAN)

PAID CDL TRAINING No Experience Needed! Earn $40k-$75K in your new career! Stevens Transport will sponsor the total cost of your CDL training! Excellent Benefits & 401K! No Money Down! No Credit Checks! EOE. Call Now! 1-800-333-8595, 1-800-358-9512. www.BecomeADriver.com (Cal-SCAN)

BUSINESS SERVICES

DISPLAY ADVERTISING. Reach over 3 million Californians. 140 community newspapers. Cost $1800 for a 3.75"x2" display ad (that works out to about $12.86 per newspaper). Call (916) 288-6019 displayad@cnpa.com (Cal-SCAN)

REACH OVER 6 MILLION CALIFORNIANS! 240 newspapers statewide. Classified $550 for a 25-word ad. Call (916) 288-6019 classad@cnpa.com (Cal-SCAN)

The California Press Release Service distributes your news releases electronically to 500 California newspaper editors in California. For more information go to www.CaliforniaPressReleaseService.com Questions call (916) 288-6010. (Cal-SCAN)

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FOR SALE

SAWMILLS FROM ONLY $2,990 -Convert your Logs to Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. www.NorwoodIndustries.com - Free Information: 1-800-578-1363 x500-A. (Cal-SCAN)

ADOPTIONS

CONSIDERING ADOPTION? We match Birthmothers with Families nationwide. Living Expenses Paid. Toll Free 24/7 Abby's One True Gift Adoptions. 1-866-459-3369. (Cal-SCAN)

AUTOS WANTED

DONATE VEHICLE, running or not accepted! Free Towing. Tax Deductible. Noahs Arc - Support No Kill Shelters, Animal Rights, Research to Advance Veterinary Treatments/Cures. 1-866-912-GIVE. (Cal-SCAN)

DONATE YOUR CAR: Children's Cancer Fund! Help Save A Child's Life Through Research & Support! It's Fast, Easy & Tax Deductible. Please Call Today 1-800-252-0615. (Cal-SCAN)

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A CASH COW!! 30 Vending Machines/You Approve Each Location. Entire Business - $10,970. 1.800.VENDING (1.800.836.3464). www.1800Vending.com (Cal-SCAN)

ALL CASH CANDY Route. Do you earn $800 a day? 30 machines and candy for $9,995. MultiVend LLC, 880 Grand Blvd., Deer Park, NY. 1-888-625-2405. (Cal-SCAN)

START YOUR OWN Landscape Curbing Business- High Demand. Low Overheads. High Profit. Training Available. Priced from $12,000. 1-800-667-5372. www.EdgeMaster.net (Cal-SCAN)

LAND FOR SALE

ESTATE 10 AC. Lots N. of Auburn, California. Lake views, secluded, trophy $549k gently rolling $429k, great building sites. Award winning. Public golf course, all utilities. www.EscapeProperties.biz 916-201-6687. (Cal-SCAN)

1ST TIME OFFERED- Arizona Show Low area. 6 acres- $39,900. Cool climate, spectacular views of White Mountains, trees, horse privileges, nearby lakes, priced well below comparables offered by AZLR. ADWR report available. 1-888-551-5687. (Cal-SCAN)

1ST TIME OFFERED. 3-5 ac Ranch Homesites, $39,900 outside Ruidoso, New Mexico. Just opened. Save $5,000 off any purchase before August 1st. Located 30 minutes outside Ruidoso. Affordable living with no compromises. Stunning land, hard surfaced roads, municipal water, adjacent to golf, convenient to all Ruidoso has, but more affordable, bigger & prettier. Call NML&R, Inc. 1-888-417-2624. (Cal-SCAN)

1ST TIME OFFERED - 40 acres - $39,900; 80 acres - $69,900. Near Moses Lake, WA. 300 days of sunshine. Mix of rolling hills and rock outcroppings. Excellent views, private gravel roads, ground water and easy access! Financing available. Call WALR 1-866-585-5687. (Cal-SCAN)

1ST TIME OFFERED. New Mexico Ranch Dispersal. 140 acres - $99,900. River access. Northern New Mexico. Cool 6,500' elevation with stunning views. Great tree cover including Ponderosa, rolling grassland and rock outcroppings. Abundant wildlife, great hunting. EZ Terms. Call NML&R, Inc. 1-866-354-5263. (Cal-SCAN)

AFFORDABLE MONTANA LANDS. Owner Financing 160 AC/ BLM- $139,900. 640 AC TROPHY ELK- UNDER $1,000/ AC. 20 AC TIMBERLAND- $49,900. Sought after Trophy Elk area. 350 class and better! Great muleys and whitetails, grouse, and pheasants. Access to large BLM and stateland. Call WSL 1-888-361-3006 www.MontanaLandAndCamps.com (Cal-SCAN)

A RARE FIND New Mexico. Lake Access Retreat - 10 acres - $25,900. Priced For Quick Sale. Incredible setting, including frequently running Pecos River, views and diverse topography. Limited availability. Excellent financing. Call NML&R, Inc. 1-888-204-9760. (Cal-SCAN)

ARIZONA MOUNTAIN RANCH - Wickenburg area. 36AC - $98,900. Get back to nature at Saddle Creek Ranch. Great getaway, ideal climate, spectacular views, wildlife, privacy. ADWR report available. E-Z terms. Offered by AZLR 1-888-246-1914. (Cal-SCAN)

FISH LAKE VALLEY, NV. 10 ac Trout Stream $59,900. Endless Recreational Opportunities. Spectacular views of Eastern slope of snowcapped White Mountains. Within looming presence of Nevada's highest peak and range. Cool, clear year round Rainbow Trout Creek. Call today! Won't last! Call 1-877-349-0822. (Cal-SCAN)

RIVERFRONT, DOCKABLE HOMESITE on beautiful Cape Fear River. 15 minutes from Wilmington, NC. Stunning river views. Private, fully amenitized community. 910-383-2820 Cape Fear Bluffs, LLC. (Cal-SCAN)

WYOMING RANCH LIQUIDATION. 35 acres - $59,900. Recreational paradise perfect getaway. Great climate, wildlife, easy access. Title insurance, surveyed. Financing. Call UTLR 1-888-703-5263. (Cal-SCAN)

MEDICAL SUPPLIES/ EQUIPMENT

POWER WHEELCHAIRS and SCOOTERS at little or no cost to seniors/disabled with Medicare, MediCal or Insurance. Free Delivery, Training and Warranty. ProHealth Mobility. 1-877-740-4900. www.ProHealthMobility.com (Cal-SCAN)

MUSICAL INSTRUMENTS

WORLD GUITAR SHOW, Buy, Sell, Trade, Marin Civic/San Rafael, July 28-29, Santa Monica Civic, August 4-5, Saturdays 10-5, Sundays 10-4. Bring your gear!! www.TXShows.com. (Cal-SCAN)

REAL ESTATE

Attention FSBO'S! SAVE THOUSANDS! Free For Sale By Owner Kit! Call 800-679-9718, visit us at: www.CapitalMortgageBroker.com or email us: Info@CapitalMortgageBroker.com. Sell for your asking price without a realtor! (Cal-SCAN)

SOUTHERN OREGON COAST. Unique executive home, w/private lake. Come enjoy our cool summers. Beautifully remodeled home. Pictures available on ebay #110147885884. $599,000. (541)404-2871. (Cal-SCAN)

SCHOOLS/ INSTRUCTION

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ALL STEEL BUILDINGS. National Manufacturer. 40x60' to 100x250'. Factory direct to contractor or customer. 1-800-658-2885 www.RigidBuilding.com (Cal-SCAN)

NOTICE OF PETITION TO ADMINISTER ESTATE OF REBECCA ANN TROJAN CASE NUMBER PB07-123

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of REBECCA ANN TROJAN:

A PETITION FOR PROBATE has been filed by TRAVIS TROJAN and MALLORY TROJAN in the Superior Court of California, County of Yolo.

THE PETITION FOR PROBATE requests that TRAVIS TROJAN and MALLORY TROJAN be appointed as personal representative to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: Aug. 7, 2007, at 9:00 a.m. in Dept. 2, Superior Court of California, County of Yolo, 725 Court St., Woodland CA 95695.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a "Request for Special Notice" (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A "Request for Special Notice" form is available from the court clerk.

Petitioner: Travis Trojan and Mallory Trojan
728 Arthur Dr.
West Sacramento CA 95605
(916) 372-8249
July 11 18 25

Fictitious Business Name Statement
Filed June 22 2007
File No. 2007-661

The following person is doing business as Southport Towne Center, Jefferson Blvd. and Lake Washington Blvd., West Sacramento CA 95691:

Watt-Turner, LLC, 2716 Ocean Park Blvd. #2025, Santa Monica CA 90405.

This business is conducted by a Limited Liability Company.

The registrant commenced to transact business under the fictitious business name or names listed above on 3/21/02.

/s/Melanie Trejo, VP
WCE/Genton Associates
Limited Partnership, Manager

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 22 2007
by: /s/Ava Woodard, Deputy Clerk

July 4 11 18 25
Cns1156678

Fictitious Business Name Statement
Filed June 19 2007
File No. 2007-634

The following person is doing business as Best Western County, 3930 County Road 89, Dunnigan CA 95937:

Ankoor Financial LLC (California), 3930 County Road 89, Dunnigan CA 95937.

This business is conducted by a Limited Liability Company (California).

The registrant commenced to transact business under the fictitious business name or names listed above on 5/1/02. Previous fictitious business name statement number 2002-464.

/s/Rajiv Patel, Manager
Ankoor Financial LLC

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 19 2007
by: /s/Kimberly Barklow, Deputy Clerk

July 4 11 18 25

Fictitious Business Name Statement
Filed June 19 2007
File No. 2007-633

The following person is doing business as Best Value Inn, 3930 County Road 89, Dunnigan CA 95937:

Kiran LLC (California), 3930 County Road 89, Dunnigan CA 95937.

This business is conducted by a Limited Liability Company (California).

The registrant commenced to transact business under the fictitious business name or names listed above on 05/01/02. Previous fictitious business name number 2002-463.

/s/Kishor Patel, Manager
Kiran LLC

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 19 2007
by: /s/Kimberly Barklow, Deputy Clerk

Fictitious Business Name Statement
Filed June 4 2007
File No. 2007-582

The following person is doing business as East-West Services, 2902 Diane Drive, West Sacramento CA 95691:

Xue G. Cai, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 5/16/07. Previous fictitious business name number 2002-531.

/s/Xue G. Cai

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 4 2007
by: /s/Ava Woodard, Deputy Clerk

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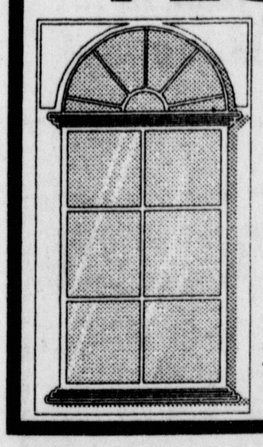

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371-6975

YOLOBUS to Sac. Airport
371-2877

***
God heals, and the doctor takes the fee.
—Benjamin Franklin
***

NOTICE OF TRUSTEE'S SALE TSG No.: **3285094** TS No.: **20079017901185** You are in Default under a Deed of Trust, dated **6/26/2006.** Unless you take action to protect your property, it may be sold at a public sale. If you need an explanation of the nature of the proceedings against you, you should contact a lawyer. On **7/24/2007** at **10:00 A.M., First American LoanStar Trustee Services,** as duly appointed Trustee under and pursuant to Deed of Trust recorded **7/3/2006,** as Instrument No. **2006-0025889-00,** of Official Records in the office of the County Recorder of **Yolo** County, State of California. Executed by: **Gwendolyn Nicholas, a married woman as her sole and separate property** Will sell at public auction to highest bidder for cash, cashier's check/cash equivalent or other form of payment authorized by 2924h(b). (payable at time of sale in lawful money of the United States) **At the front entrance to City Hall, 1110 Capitol Avenue, West Sacramento, CA** All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: As more fully described in the above mentioned Deed of Trust APN# **072-222-04-1** The street address and other common designation, if any, of the real property described above is purported to be: **3615 Dorena Place, West Sacramento, CA 95691** The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: **$691,046.07.** The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. First American LoanStar Trustee Services may be acting as a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. Date: **7/4/2007 First American Title Insurance Company, First American LoanStar Trustee Services, 3 First American Way, Santa Ana, CA 92707** Original document signed by Authorized Agent, Teresa Marianos - For Trustee's Sale information please call 925-603-7342 (RSVP# 86025)(07/04/07, 07/11/07, 07/18/07)

Fictitious Business Name Statement
Filed June 21 2007
File No. 2007-653

The following person is doing business as The Super Clinic, 40 Park City Court #11207, Sacramento CA 95831:

Dominic N. Nguyen, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on NA.

/s/Dominick Nguyen, MD

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: June 21 2007
by: /s/Carol Grein, Deputy Clerk

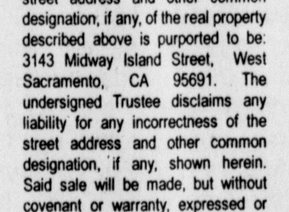
July 18 25 Aug 1 8

NOTICE OF TRUSTEE'S SALE T.S No. 1103256-04 APN: 046-603-15-1 TRA: LOAN NO: Xxxxx0389 REF: **Mayers, Lashonna IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED October 27, 2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** On August 07, 2007, at 09:00am, Cal-Western Reconveyance Corporation, as duly appointed trustee under and pursuant to Deed of Trust recorded November 14, 2005, as Inst. No. 2005-0056699-00 in book XX, page XX of Official Records in the office of the County Recorder of Yolo County, State of California, executed by Lashonna Mayers, A Married Woman As Her Sole and Separate Property, will sell at public auction to highest bidder for cash, cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state: At the rear (north) entrance to the city hall building 1110 West Capitol Avenue West Sacramento, California, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: Completely described in said deed of trust The street address and other common designation, if any, of the real property described above is purported to be: 1761 Redondo Road West Sacramento CA 95691. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses, and advances at the time of the initial publication of the Notice of Sale is: $475,344.24. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse.** The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. For sales information: Mon-Fri 9:00am to 4:00pm (619) 590-1221. Cal-Western Reconveyance Corporation, 525 East Main Street, P.O. Box 22004, El Cajon, CA 92022-9004 Dated: July 13, 2007 Trustee Sale Officer: Thelma B Cabacungan. (R-146096 07/18/07, 07/25/07, 08/01/07)

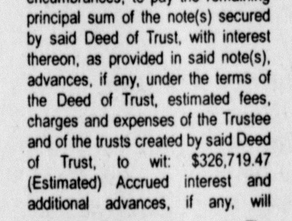
TIMESHARES/ RESORTS

TIMESHARE!!! PAYING TOO MUCH 4 maintenance fees and taxes? Sell/rent your timeshare for cash. No Commissions/Broker Fees. 1-877-868-1931. www.VPResales.com (CalSCAN)

Trustee Sale No. FC16008-21 Loan No. 1001803285 Title Order No. E705590 APN 045-613-32-1 TRA No. NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/22/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 8/8/2007 at 12:45PM, ForeclosureLink, Inc. as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on 05/06/2005 as Document No. 2005-0021425-00 of official records in the Office of the Recorder of Yolo County, California, executed by: Richard Riplie and Kathy Riplie as Trustor, First American Home Loans, Inc, as Beneficiary, Will Sell At Public Auction To The Highest Bidder For Cash (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: At the north entrance to the West Sacramento City Hall located at 1110 West Capitol Avenue, West Sacramento, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: As more fully described in said Deed of Trust The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 3143 Midway Island Street, West Sacramento, CA 95691. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to wit: $326,719.47 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The Beneficiary may elect to bid less than the full credit bid. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The Undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. Date: 7/12/2007 Foreclosurelink, Inc. 5006 Sunrise Blvd, Suite 200 Fair Oaks, CA 95628 (916) 962-3453 Sale Information Line: (714) 573-1965 Sara Berens, Asst. Vice President P305297 7/18, 7/25, 08/01/2007



A young partridge is called a cheeper.



The football stadium with the largest seating capacity is the Pontiac Silverdome, home of the Detroit Lions. The stadium holds 80,368 fans.

POLICE LOG

July 9, daytime

Officers and the Yolo County bomb squad responded to the 500-block of Bryte Avenue regarding a suspicious case left on the sidewalk. The bomb squad exploded the case – a large gun case which was empty.

July 10, daytime

Police conducted a traffic stop at Evergreen and Harbor, and then arrested a driver for three felony and two misdemeanor warrants.

July 10, daytime

Detectives tried to contact a man in violation of a restraining order. The man – a parolee – fled but was caught and jailed.

July 10, afternoon/ evening

A child abuse suspect was arrested.

July 10, afternoon/ evening

Officers responded to the report of an intoxicated subject arguing with family members. The male suspect was booked.

July 10, afternoon/ evening

Police contacted at woman who was in a car stopped for vehicle code violations. The woman was arrested on a warrant. A search of her purse showed Vicodin pills, for which she did not have a prescripton.

July 11, afternoon/ evening

Officers contacted a man and woman for vehicle code violations after seeing them bicycling at 3rd and West Capitol. The man had a "dirk" concealed on his person, and the woman had over 80 grams of marijuana. Both were arrested.

July 11, night shift

Police received a report of a man knocking on windows at a 6th Street apartment complex. They arrested a suspect for being drunk in public.

July 11, night shift

The CHP transferred a 911 call made on a cell phone. The caller was a person standing in the middle of Maple Street. Arriving officers found a man with a knife in one hand and a cell phone in the other. The man dropped the knife, and was arrested for being drunk in public.

July 11, night shift

Police saw a fight with weapons at a mini-market at Harbor and Evergreen. Three subjects were involved – one with a large knife, and one with a golf club. Officers intervened before an assault, and arrested the man with the knife. Two others were arrested for disturbing the peace by challenging to a fight.

July 12, afternoon/ evening

Police received a call that a two-year old had been inappropriately touched by her father. Two children were taken into protective custody.

July 12, afternoon/ evening

Officers arrested a man for DUI on a bicycle.

July 12, night shift

A man flagged down police inside a West Capitol Avenue shopping center parking lot. He said he had been stabbed in the hand by his girlfriend. He was taken to a Sacramento hospital. The woman was found at a motel and arrested for assault with a deadly weapon.

July 12, night shift

Officers responded to the report of "brandishing a handgun" at an Evergreen/ Harbor mini-market. Five subjects and one victim were involved. Suspects fled the scene. A Sacramento sheriff's helicopter helped locate them at Coke Street and Evergreen. One was intoxicated and would not obey commands to put his hands over his head – he was arrested for public drunkenness and for delaying a police officer. Police determined the other four were not involved in the "brandishing." The victims were contacted at the market, and in a field line-up at the arrest site, they identified the 17-year old suspect as the person who had made the threats. The youth was arrested and released on a "notice to appear" in court.

July 13, afternoon/ evening

A large store near Reed Avenue and Riverpoint arrested a man for shoplifting, as part of increased efforts to combat store losses.

July 13, night shift

Officers responded to a Southport shopping center on a robbery call. Supermarket security personnel had detained three juveniles for shoplifting. The youths assaulted the guard and fled. They were found by police near Arlington Oaks, and arrested and booked into juvenile hall.

July 13, night shift

Police responded to a stabbing on 2nd Street. The victim and three suspects spoke only Russian. A Russian-speaking officer obtained a statement from the victim before the victim was taken by ambulance. The case was forwarded to detectives.

July 13, night shift

At about 3:57 a.m., police responded to a single-vehicle traffic accident at the northeast corner of Jefferson Blvd. and 15th Street. A vehicle "at a high rate of speed" crashed into a lamp and the driver was killed. The police department's traffic unit and evidence technicians responded.

July 14, daytime

Officers responded to the report of a pair of auto burglaries on the 500-block of 6th Street. Someone pried open the cars' doors and stole stereo equipment.

July 14, afternoon/ evening

Supermarket security personnel on West Capitol reported that an intoxicated woman was causing problems in the parking lot. Police arrested the woman.

July 15, afternoon/ evening

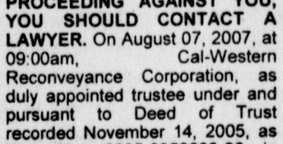
Officers arrested a man taken into custody by store security at a large Reed Avenue-area store.

July 15, afternoon/ evening

Police responded to a single-vehicle accident after a car went into the water near Southport Parkway and Promenade. The driver was not injured.

Joining us

Marc L. Concepcion, D.O.
James F. Lee, M.D.
Susan Rosten, F.N.P.
Tari Smith, P.A.
Kim Hernandez, P.A.



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Local Scene

Free concert

Trinity Presbyterian Church will host a free summer lawn concert on Thursday, July 19. Free dinner will be at 6 p.m., followed by Dixieland jazz and Gospel music by the K Street Ramblers at 6:30 p.m. The group features John Robinson, who played with Turk Murphy in San Francisco. The church is located at 1500 Park Boulevard. For more information, call 371-5875 or visit www.info@TrinityWestSac.org.

'Kindermusik'

A class in kindermusik is available to kids from newborn to age seven, Monday and Thursday mornings at 9:30 a.m. at the Bridgeway Lakes Boathouse, 3650 Southport Parkway, in connection with the local parks department. The class aims to use "music and movement" to enhance childhood development. Call instructor Miss Sunny at 419-6999 or visit www.musikandmotion.com.

Anti-crime party

The annual "National Night Out" festivities will return August 7, and local police invite you to host block parties, cookouts, socials and other neighborhood activities. The theme is heightening local crime prevention efforts. Arrangements may be made for local police, the fire department, CHP, Marines or other organizations to drop in on your block party. Contact Nora McDowell at the West Sacramento Police Department, 617-4937, for information.

Art display

Artwork by West Sacramento's Roger Rehm will be on display through July at the United Bakery Co. & Café, 2530 Boatman Ave. (off of Industrial Blvd.). Hours are 7 a.m. to 2 pm.

Preschool

Children age 3-4 are being enrolled in preschool as part of the Washington Unified School District's Early Childhood Education Program, offering a.m. and p.m. classes at five elementary school sites. Free to eligible families, but space is limited. Sign up early. Call 375-7640 for information.

Borrow Raley Field

The City of West Sacramento and Raley Field have a program called "Community Days at Raley Field," allowing selected non-profit organizations to use the field for special events between March 1 and Oct. 31, 2008. For information, contact the city manager's office at 617-4500 for an application, or email Community Services Manager Barbara Moore at barbaram@cityofwestsacramento.org. Applications are due by Dec. 31, 2007.

Go green

PG&E is offering a new "ClimateSmart" program, allowing customers to choose to pay an additional fee (estimated at under $5 per month) to be served by power sources that do not contribute carbon emissions to the atmosphere. The utility will then fill these needs by accepting bids from appropriate power providers. Visit www.pge.com or call (800) 743-5000.

Time to swim

The pool is now open from 10 a.m. to 4 p.m. at Golden State Middle School. Beginning June 25, recreational swimming is available weekdays from 3-5 p.m. for a 50-cent fee; family swimming Tuesday through Friday 7:45-9:00 p.m. for 50 cents; and swimming on Saturdays is $1.50. For more information, call 617-4620. The school and pool are at 1100 Carrie Street.

Golf for a cause

West Sacramento's Mecca Club is sponsoring a golf tournament on Sept. 22 at Rio La Paz Golf Club in Nicolaus, to benefit a nonprofit organization that provides service dogs for diabetics. $75 for golf and dinner; $60 for golf only; $20 for dinner only. Sponsorships available. For info, call Jackie Hensley, 371-0538.

Free concerts

The West Sacramento "Harmony on the River" concert series returns on Tuesday evenings from 7-8:30 p.m. through Aug. 21 at River Walk Park near the ziggurat building. Free outdoor movies will follow at about 8:30 p.m. (bring a flashlight). For more information, visit www.westsacramento.org.

Holy Cross Fest

The annual festival at Holy Cross Parish is scheduled for Sat., Aug. 4, from noon to 10 pm., and from noon to 7 on Sunday, Aug. 5. There will be games, food, music and a raffle.

New campus

The Sacramento Academic and Vocational Academy (SAVA), a charter school of Grant Unified School District, will open a school site this fall at the Collings West Sacramento Teen Center. Call Lesley, 387-8063.

Mosquitos/West Nile virus

Local officials combating the West Nile virus urge you to follow the "seven D's": Drain any standing water, avoid being outdoors Dawn & Dusk, Dress appropriately with long pants and long sleeves when outside, Defend your self with an effective repellent, keep your Door and window screens in good shape, and contact District personnel to report mosquito problems at (800) 429-1022 or at www.FightTheBite.net.

Learn to row

Youths age 13-19 are invited to participate in a "learn to row" program hosted by River City Rowing Club at the port in West Sacramento, with sessions scheduled for July 9-20 and Aug. 6-17. Practices are held weekdays 5:30-7:30 p.m. each session. Learn the fundamentals of handling a "rowing shell." Visit www.rivercityrowing.org or email Jeanne Bartkiewicz, jmbartkiewicz@gmail.com.

'Cash for Trash'

Waste Management and the City of West Sacramento are combining to award cash prizes as an incentive for business recycling. If you have trash and recycling service through them, you may sign up. From July 1 through November, entrants will be picked at random, and (with your permission) recycling personnel will intercept your trash and check it for recyclables. If they find none, your business gets $125. If your business doesn't win, the prize money rolls over to next month's winner – to a maximum prize value of $625. Call 617-4590 for a 'Cash for Trash' entry form.

'Derek's wish'

A blood drive in the memory of 11-year old West Sacramento boy Derek Madsen, who died of cancer a year ago, is planned for 10:30 a.m. to 4 p.m. on July 22 at a BloodSource van in the Nugget center in Southport. Participants will receive a free ticket to see Dinosaurs 3D at the Esquire IMAX theater in Sacramento, as well as a coupon for a pint of ice cream from Baskin Robbins. For more information, call 376-6011.

Food giveaway

The Food Bank of Yolo County will distribute food to eligible West Sacramento and Clarksburg residents on June 17 from 10:30-11:15 a.m. at Trinity Presbyterian Church, 1500 Park Blvd.; on July 17 from 11-noon at Yolo Housing Authority, 685 Lighthouse Dr.; on July 23 from 10:30-11:30 a.m. at the Clarksburg Firehouse; and on July 24 from 9-11 a.m. at the West Sacramento County Building, 500 Jefferson Blvd. Please bring a bag. For information, including eligibility, call (530) 668-0690.

Sports & more

"Leisure interest classes" at the West Sacramento Senior Center now include a wide variety of activities including gymnastics, adult tai chi, youth tennis, Polynesian dance, adult yoga, a hunter's safety course, group fitness and more. Call 373-5819 for information.

Summit on Aging

Yolo County will sponsor a "Summit on Aging" on Thursday, Sept. 20, from 8:30 a.m. to 3:30 p.m. at the Woodland Community & Senior Center. Join the summit and "address the challenges and systems impacts of an aging society." Pre-registration begins Aug. 1. Email aging@yolocounty.org or call (530) 666-8237.

Free bus rides

The Yolobus and Unitrans bus systems serving Yolo County will continue offering free bus rides on days designated as "Spare the Air" days by air quality control officials, in a program continuing through Aug. 31. The program is meant to reduce ozone levels on summer days when pollution is at its worst. For Yolobus schedules, call (530) 666-2877 or visit www.yolobus.com. For Unitrans information, call (530) 752-2877 or visit www.Unitrans.com.

Conserve

PG&E asks you to conserve energy as hot weather puts air conditioners into use and adds stress to the energy grid. Peak demand periods are typically 2-6 p.m. on hot summer days. You can help by setting your air conditioning thermostat at 78 degrees or higher, using fans for cooling, drawing the drapes, turning off unnecessary lights and appliances, and using large appliances such as washers, dryers and dishwashers early in the day or later at night. For more tips, visit www.pge.com/foryourhome or www.pge.com/foryourbusiness.

Free legal help

Free, drop-in legal advice is available to low-income people every second and fourth Monday from 6-8 p.m. at the West Sacramento Senior Center, 664 Cummins Way. Advice on housing law, employment law, health benefits, social security, cash aid benefits, probate and family law are provided by Legal Services of Northern California. Call 447-5798 for information.

Project Pride

The West Sacramento Chamber of Commerce will host a "Project Pride" general meeting on Wed., July 18, at 3:30 p.m. at Wallace-Kuhl, 3251 Beacon Blvd. Committee members will plan efforts to enhance West Capitol Avenue, assist business owners with property owners, find a way to light the "ziggurat" at night, improve freeway signage, enhance public art, and perform other tasks to beautify the business district. Call 371-7042.

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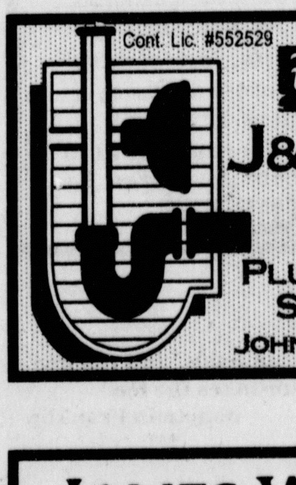

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